

# Essential Qualities For A Pure Mind

Dassan Dass

## **Becoming Gurmukh**

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## Introduction

Articles by Dassan Das about the good qualities required for a pure mind. With a Pure mind naam simran is approved in the Lord's court.

### 1. The Practise Of Wisdom

Let us pray at the ("Shree Charans") holy feet with folded hands and with ("Kottan Kot Dandaut") countless prostrations and ("Shukrana") heart filled thanks to Unfathomable, beyond comprehensions, who cannot be written, who cannot be seen, who is unlimited, limitless, great great beyond universal limits of universe Supreme omnipresent Lord of all lords (" Agam Agochar Alikh Adikh Anant Beyant Dhan Dhan Paar Braham Parmesar") (Supreme Lord) and Great great love-filled ("Dhan Dhan") Guru for helping us understand the following :

1. What is the difference between divine knowledge and divine wisdom?
2. When and how does divine knowledge become divine wisdom?

#### 1. What is the difference between divine knowledge and divine wisdom?

Knowledge is like an available, off-the-shelf commodity for you, the seeker. Knowledge is something, which has been developed by somebody else based upon his or her experience and put in a form to be used by others. Knowledge is a source of information for the learners and students.

As long as this information is available to you and remains unused by you to bring benefit to you and your society, it just remains as knowledge. But when it is actually put into practice then it becomes your wisdom. It becomes wisdom for the student; it becomes wisdom for the practitioner of the knowledge.

#### 2. When and how does divine knowledge become divine wisdom?

Wisdom is something, which you earn through daily practice of knowledge gained. By doing so you become wiser and wiser. To see, feel and experience the knowledge is called the practice of wisdom. By putting into practice what you have learnt, the wisdom gained becomes a part of your soul mind and body.

A practical example is the existence of God-Guru divine eternal word-wisdom (“Gurbani”) written and stored in the form of Holy Love-filled wisdom ocean of words Guru “Granth Sahib Jee” (“Siri Guru Granth Sahib”). This is an excellent treasure of divine knowledge that was practiced by the Great Great Love beings Guru King Of Kings (“Sahibans”) and all the Saints and Lovers of God (“ Bhagats”). It was physically experienced by these great spiritual souls and then very kindly by all these Complete Knower of Universal Wisdom of Love & Truth (“Puran Braham Gyanis”) conveyed to Great great dear love-filled Guru Arjun Dev “Ji” Fifth King Of Kings (“Pancham Patshah Ji”) who very kindly gave it the form of the “Ad Granth” (scriptures of the Primal Lord) by putting it all at one place.

For a normal person it is an excellent source of divine knowledge. It contains all the information concerning: -

The existence of the Almighty King of all hearts timeless lord of all (“ Akal Purakh”) from the beginning and even before the beginning,

The ways and means of leading a life for a common person that will take him back to the Almighty,

The divine laws that are mandatory for reaching the Court of divine Love ocean Timeless Eternal Love –Master Being (“Dargah of Akal Purakh”),

The qualities and attributes that take us away from God,

The qualities and attributes that take us closer to the God.

Great great love-filled word-wisdom form of almighty Holy Book of love (“SGGS Ji”) is a recent source of information about: -

Unfathomable, incomprehensible, Endless, limitless, Great great love-filled ocean of tranquility & pureness, beyond limits of universe supreme lord of all lords (“Agam Agochar Anant Beyant Dhan Dhan Paar Braham Parmesar”)

His Saints and Lovers (“Bhagats”),

His beyond universal limits Name of love essence (“Naam”) and the praise of God’s Name (“Naam”),

the praise of Timeless eternal love-ocean ,treasure of bliss almighty God (“Akal Purakh”),

the praise of Saints, Knower of universal wisdom of TRUTH (“Braham Gyanis”) and Lovers of God (“Bhagats”).

However, holy book of love great great supreme form of lovers word-wisdom (“SGGS Ji”) only remains a source of divine knowledge and doesn't make you any wiser and higher in spirituality and divinity until you practice it in your daily life. For example, you can read “SGGS Ji” ( Holy book in Sikhism) about what is God’s ambrosial nectar Name (“naam”) and how it goes into your heart by the grace of the Guru.

But, the Love-filled eternal undying, indestructible Name of Lord (“Naam”) doesn't actually go in to your spiritual heart centre (“Hirda”) just by reading about it. That only happens when you get the God-Guru’s eternal kind-ful blessed blessed graceful grace (“Gurparsaad”) of Name TRUTH “Satnaam” and then practice it by doing Remembrance of Name of Lord –Love (“Naam Simran”). The Truth-filled Name of omnipresent Master of All (“Naam”) doesn't really go into your “Sat Sarovars” (7 centres of spiritual body “charkas”) and enlighten them and open them up for a continuous flow of spiritual energy until you practice Remembrance of Lord’s love-filled eternal blessed blessed ever-blissful Name (“Naam Simran”).

Name of God (“Naam”) will not go in to your “Rom Rom” (each every atom of your body ) until you physically dedicate yourself to longer sessions of Meditation (“Smadhee”) and keep on doing/earning Truth-Full Name of Lord (“Naam Ki Kamai”) (earning “naam”). The Eternal ever present omnipresent un-born, undying Lord ‘s love-filled blissful Name (“Naam”) doesn't go in to the “Dassam Duar” (tenth door/crown chakra) and opens up the door to the Court of divine TRUTH (“Dargah”) for you until you dedicate your body, mind and wealth to the Supreme Guru-God (“Gur”) and Guru and do ever-loving recitation of Name of Lord (“Naam Simran”).



You don't really give your body until you do Physical Body selfless service with utmost love & humbleness “Seva” and the highest selfless service (“seva”) with the body is physically sitting down at “Amritvela” ( Time of ambrosial nectar –12:00AM to 6:00 AM) and doing ever loving humble recitation of God’s Love-Name (“Naam Simran”). You don't collect the God’s Name (“Naam”) wealth until you practically engage yourself in Longer & continuous sessions of recitation of God’s Name (“Naam Simran”).

Similarly you don't earn “Wealth selfless service (Seva)” (“Dhan Ki Seva”) until you actually physically give one tenth of your earnings to the Guru. And you don't earn “Mind Selfless service (Seva)” (“Munn Ki Seva”) until you physically leave your own wisdom and the worldly wisdom and follow the Guru's words.

So in this way complete surrender to the Guru constitutes the surrender of body, mind and wealth. Do loving recitation of ultimate, unlimited True Mate’s Name (“ Naam Simran”) and Selfless service (“Seva”). Until you do it you will never be able to earn that divine knowledge and it will just remain like a commodity available to you for usage. But it will only become your wisdom when you physically and practically do it and earn it. Then you become wiser by that piece of divine wisdom. This means that you will become divinely wiser, which will enhance your divinity and spirituality.

Whatever is written by the Complete Knowers of unlimited Truth Wisdom (“Puran Braham Gyanis”) and Great great blissful ever Loving King of kings Gurus “Sahibans” should not be merely treated as a source of divine knowledge or the divine knowledge and just be satisfied with its reading only. It will not make you any wiser unless you do it, then it will become your divine wisdom. By doing it you will earn the wisdom and benefit from the divine knowledge available to you.

Making use of the divine knowledge and practically doing it will make you a Saintly spiritual heart centre emitting ever-unconditional love beyond the boundaries of any sort (“Hirda”) and fill your heart with all the divine qualities and make you divinely a very wise and spiritually a very high soul and Spiritual heart centre (“Hirda”).

All the priceless diamonds and jewels of divine knowledge are available to you, but you will have to earn them by practically physically doing the word-wisdom of God-Guru (“Gurbani”) and then they will come and stay inscribed in the crown of your Spiritual heart centre (“Hirda”) for ever and you will become an encyclopedia of divine wisdom. Until you earn it will remain as an available commodity to you and will become yours only after you earn it by practicing in your daily life. This is how a person becomes a Complete Knower of Universal wisdom (“Puran Braham Gyani”) by listening, accepting and doing the things word-wisdom of unlimited-ultimate God-Guru is telling us (“Gurbani”).

For the King of kings Gurus “Sahibans” and Saints and Lovers of God (“Bhagats”) the Word-wisdom of God-Guru (“Gurbani”) was not a piece of divine knowledge, but it was a collection of divine wisdom, because they earned it, they did it and experienced it in the real eternal sense, they did the complete internal pilgrimage by becoming every word of divine word-wisdom of God-Guru (“Gurbani”) themselves, they were walking encyclopedia of the entire divine wisdom. Similarly God-Guru’s eternal blessing their word-wisdom (“Gurbani”) is an excellent collection of divine rules and laws – divine knowledge and will not become a wisdom for you until you do what God-Guru’s divine word-wisdom is telling (“Gurbani”) in your daily life and earn it and become wiser by doing it and closer to the source – One God Named TRUTH met through Truth-Guru’s Blessing (“Ik Oankaar Satnaam Satgur Parsaad”).

Always remember you will not become wiser by just reading God-Guru’s eternal Love word-wisdom (“Gurbani”), you will become wiser by doing with love Word-wisdom of God-Guru (“Gurbani”). You will not become wiser by memorizing Love-filled word-wisdom of God-Guru (“Gurbani”), but you will become wiser by practicing God-Guru’s Word-Wisdom (“Gurbani”) in your daily life. You will not become wiser just by reading or listening to the words of a Saint, but you will become wiser only by practically following the writings and words of a Saint in your life. Like a doctor becomes wiser and wiser by practicing medicine in real life situations. Like a surgeon becomes wiser by performing more and more surgeries. Like an engineer becomes wiser by implementing his ideas in the real world. Like a teacher becomes a real good teacher and a wiser teacher by physically teaching the subject to his students. Like a mother becomes wiser by exercising her motherhood in the most productive manner. Like a father becomes wiser by exercising his fatherhood in a very positive manner.

The same applies to the seeker; by applying the divine knowledge in daily life you become wiser and wiser.

Servant Of God’s Servant ( Slave of Slaves)

“Dassan Dass”

## **2. Mercy**

“SAT-NAAM JEE” countless prostration at feet of yours (“satnaam ji, dandauth bandhana ji”),

Dearest lovable, kindest and always forgiving “Dassan Dass Ji”,

thank you for everything.

Can you please explain what is the meaning of MERCY, (“DAYA”).

What does it mean when God-guru’s eternal –divine- always truthful word-wisdom (“Gurbani”) says God is merciful.

How can we bring the quality of mercifulness into our own life.

Some people ask how can we kill an animal for food and call our self merciful? I think “Kabir Ji” says a similar thing in God-guru’s divine word-wisdom (“gurbani”) too?

This is the famous verse of dearst,lovable utmost caring, daring God-guru “Nanak Dev “ Master of masters (“guru nanak dev ji”) when he said we should wear the thread of mercy, instead of the ritual religious thread.

(“salok ma 1 ||”)

(“Da-i-aa kapaah santokh soot jat gandhee sat vat”)

*Make compassion the cotton, contentment the thread, modesty the knot and truth the twist.*

(“Ayhu janay-oo jee-a kaa ha-ee ta paaday ghat.”)

*This is the sacred thread of the soul; if you have it, then go ahead and put it on me.*

(“Naa ayhu tutai naa mal lagai naa ayhu jalai na jaa-ay.”)

*It does not break, it cannot be soiled by filth, it cannot be burnt, or lost.*

(“Dhan so maanas naankaa jo gal chalay paa-ay.”)

*Blessed are those mortal beings, O Nanak, who wear such a thread around their necks.*

(“Cha-ukarh mul anaa-i-aa bahi cha-ukai paa-i-aa.”)

*You buy the thread for a few shells, and seated in your enclosure, you put it on.*

(“Sikhaa kann charhaa-ee-aa gur baraahman thi-aa.”)

*Whispering instructions into others' ears, the Brahmin becomes a guru.*

(“Oh mu-aa oh jharh pa-i-aa vaytgaa ga-i-aa. ||1||”)

*But he dies, and the sacred thread falls away, and the soul departs without it. ||1||*

<http://www.sikhitothemax.com/page.asp?ShabadID=1732>

dust of your feet

(“Harjit”)

--

REPLY:

God-Guru’s dear and always lovable holy congregation of ever ever blissful and unapproachable, unfathomable, un-dying Lover “Satnaam” (“Guru pyari sat naam sat sangat ji”)

Kindly accept our countless prostration at your holy feet  
 (“Kottan kot dandaut parvaan karna ji”)

This is an excellent piece of divine wisdom brought up by this Lover of God (“Bhagat ji”) for understanding its real deep divine meaning:

(“Da-i-aa kapaah santokh soot jat gandhee sat vat.  
Ayhu janay-oo jee-a kaa ha-ee ta paaday ghat.  
Naa ayhu tutai naa mal lagai naa ayhu jalai na jaa-ay.  
Dhan so maanas naankaa jo gal chalay paa-ay.  
Cha-ukarh mul anaa-i-aa bahi cha-ukai paa-i-aa.  
Sikhaa kann charhaa-ee-aa gur baraaahman thi-aa.  
Oh mu-aa oh jharh pa-i-aa vaytgaa ga-i-aa. ||1||”)

This piece of divine wisdom is from the Part of God-Guru’s word-wisdom (“bani”) called “Asa Di Vaar” and has been given to the us by great great dear and always full of love & Bliss Guru “Nanak King of kings (“Dhan Dhan Guru Nanak Patshah ji”).

This stanza (“shalok”) is not only related to mercy but this divine wisdom is very deeply related to the outside compliance- (“baharli rehat”) vs. the inside compliance – (“anderlee rehat”). God-Guru “nanak” King of Kings (“patshah ji”) is talking about ‘janeyoo’ – the sacred thread that is worn by Hindus when they get baptized. It is believed that this piece of divine wisdom came from the Guru-God of whole universal Great lover “Nanak” (“jagat guru baba nanak dev

ji”) when the Priest (“pandit”) wanted to baptize him according to the traditions that were prevailing during that time, Truth-Guru King of Kings “Nanak Dev’ (“patshah ji”) did grace (“kirpa”) on him and gave him this divine piece of wisdom to make his life sublime and also to help the entire humanity to make their lives sublime.

Great Great lover derst Truth Form of Formless Satnaam Truth-Guru king of kings “Nanak Dev” (“Dhan dhan guru patshah ji”) is telling us that instead of wearing a thread of cotton, which has no divine value, we should wear a divine thread that is full of divine qualities – a thread that comprises of the divine qualities –mercy (“daiaa”), which is kindness a infinite divine quality which we have been blessed with the capability to exercise and practice in our daily life (which is like the cotton of the thread).

The next divine quality is (“santokh”) – contentment, no desires or a being desire less, fill your spiritual heart center (“hirda”) with contentment which is again an infinite divine quality, there being no limit to the level of contentment (which is like the thread formed from the cotton).

The next divine quality is “jat” – means become lust free, to win over the lust, to win over the sexual lust (“kaam”) (this forms the knot to the thread before you start twisting it to make like a stronger rope shape).

Then the next one is to become TRUTH “sat” – merge with the TRUTH “sat” and become a part of the infinite, union with god (“sat” TRUTH is the twist to the thread which makes it a rope shape and that is worn around your body) so twisting of “sat” TRUTH means going in to Recitation of ,remebrance of loving name TRUTH ‘SAT-NAAM’ (“sat naam simran”), collect earning of God’s Name TRUTH “SAT NAAM” (“sat naam ki kamai”), and then complete spiritual pilgrimage (“puran bandgi”) and merge with TRUTH (“sat”), become one with god.

So this is the real divine thread that should be worn – means go merge and unite with the God by earning all the divine qualities and filling up your Spiritual heart centre (“hirda”) with all these divine qualities, once that happens then this sacred divine thread so formed will never disintegrate, it can’t be destroyed, it can’t be burnt, it will not be influenced by ‘maya’ or ‘maya’ will not be able to harm it and so on.

Those people who wear this divine thread of divine qualities and become Truth ‘sat’ are Great great and always dear without fear always clear in heart & mind (“dhan dhan”). The material thread made from cotton just by reading a few instructions has no divine value. It is just a tradition, an outside tradition and nothing else.

The real divine meaning of the divine word (“shabad”) “baraahamin” is the one who is merged in beyond universal limits limitless ,infinite supreme Lord (“paar braham pamesar ji”), who has merged in Timeless being (“akal purakh”), and the one who has achieved this level in spirituality is the real guru – the divine guru – the TRUTH-GURU (“satguru”), and not the one who can read a few mantras and read instructions to others.

The one who doesn't have himself this divine status and not been blessed with this divine thread – means the one who himself has not achieved the spiritual status of becoming a Complete divine knower of God (“puran braham gyani”) – a guru – a TRUTH-GURU (“satgur”), can't give anything to anybody else. The one without this internal divine thread (and not the external thread – ‘janeyoo’) has no value and just keeps on recycling through the cycle of death and birth again and again. So in a nutshell this piece of utmost divine wisdom is to tell us to abstain from external compliance- (“baharli rehat”) and work on getting the internal compliance – (“anderlee rehat”).

Slave of slaves

(“Dassan Dass”)

### **3. Forgiveness**

Forgiveness is a very important deep divine quality that is a part of the personality and behavior of a Saint. A soul can't become a Saint without a deep divine sense of forgiveness and even go beyond forgiveness. Which means even overlooking the bad deeds of others and give complete forgiveness instantaneously. This character and personality trait, which makes a person extremely kind hearted, is a very essential and mandatory divine principle. Forgiveness becomes a part and parcel of a Saintly Being ( “ Sant Purush”).

Timeless, Great, Great, Lover of all lover, Unlimited omnipresent, Being of all being, Supreme being (‘Akal Purakh”) has described Himself in the Primal Word (“Mool Manter”) as Without Enmity (“Nirvair”); which is one of the utmost important divine qualities of the Almighty. Let us look at what does it mean in terms of divinity and divine wisdom. Let us try to understand the meaning of this Greatest Divine Gift as it pertains to our day today life and how radically can it change our life.

Devoid of Enmity (“Nirvair”) is the One who

- Has no animosity with anyone,
- Doesn't keep any enmity with any one at all no matter who it is,

- Is always beyond any such feeling or actions or deeds, which can bring in any kind of animosity or enmity with anyone.
- Is beyond bringing any kind of anger or feeling of revenge for anyone under any circumstances,
- Sees every one of us with a Single Vision, which means He loves us all in the same way,
- Cares about all of us in the same way, there is no duality in His vision and actions,
- Has provided us all with the same kind of natural facilities without any discrimination,
- Provides us with the same kind of opportunities, (but yet what makes our fate different is our own deeds), that makes Him the one with utmost kindness.

Even if we:

- Do something wrong,
- Continue to commit sin after sin,
- Are nothing more than a bunch of millions of such sins committed over all of our previous lives,
- Still continue sinning,
- Commit all kinds of crimes,

His love for us doesn't diminish. He keeps on giving us a chance after chance to reform ourselves. All this is due to His utmost kindness, which is why He is called "Dana Dina". This is called the height of forgiveness, thereby making forgiveness a very deep divine quality that Guru's Word-Wisdom tells us to practice and follow in our real life.

Guru's divine Love filled selfless wisdom says that wherever there is forgiveness the Almighty is present:

("Jahan Khima Tehn Aap")

Wherever there is forgiveness, there is YOU

("Farida Burey Daa Bhalaa Kar")

O "Fareed" be kind to the one who is bad to you

("Hum Nahin Changey Buraa Nahin Koi")

I am not good, no one is bad

("Naa Koi Beyree Nahi Begana Sagal Sang Hum Ko Ban Aayee")

("Jab Tey Sadh Sangat Mohey Payee").

No one is enemy, no one is a stranger.

I have made the whole world into my friend since I met the company of Saints

That is why the God is known as

("Param Dyalu") Supremely Kind,

("Bakshand") Forgiver,

("Bakshan Hara") One who forgives.

He doesn't take a second to wipe out all our sins. Only His Divine ambrosial Nectar ,Lovable Name " Naam") is powerful enough and capable of forgiving and cleaning our soul from the influence of all the sins:

("Har Kaa Naam Kot Paap Par Harey")

God's Name wipes out millions of sins.

All we need to do is a full and complete commitment, belief and trust in the Supreme Master Divine Light ("Gur") and Truth Master ("Guru") and then one day He will for sure give us the Divine Blessed, blessed at most humbly Lovable Gift of Truth Master (" Gur Parsaad") ,his divine always Purer than Pure Name of Lord ("Naam") –" Ik Oankaar Satnaam Satgur Parsaad". If we do Divine Love filled devotion ("Bandgi") with

1. ("Sachee Preet") True Love,
2. ("Sachee Shardha") True Faith and
3. ("Sacha Vishvaas") True belief

Then we will be able to bring such divine qualities inside us and eventually achieve the objective of this human life – Freedom of Life ("Jivan Mukti").

The worst thing is the enmity and sense of revenge. Better than that is doing justice and giving punishment. Better than that is being kind and forgiving and to reform the criminal. Best of all is not to even look at the wrong doings of anybody and just forgive him instantly of all the wrong doings. And to give him another chance and to keep on giving him such chances until he reforms himself.

This is what is the real and divine forgiveness. This divine quality drives out all the anger from your inside. It drives out the entire ego inside you and makes your inside very calm and silent.



This is one of the priceless diamonds of Universal Divine Wisdom (“Braham Gyan”), which we all should try to practice in our daily life and bring inside our soul.

Remember that without this divine quality we will lose our this human life. However, for us as human beings it is very hard to practice this divine quality in many situations. But let us try it, give it a honest and sincere trial, with Guru’s eternal blessed Divine Blessing (“Gur Kirpa”) we will be successful.

Slave Of Slaves  
 (“Dassan Dass”)

--

Question from one Devoted Lady (“bibi ji”):

Dear Slave of Slaves “Dassan Dass Ji” and True simple Divine congregation (“sadh sangat ji”)

Please accept our humble palm pressed prostration in your divine blessed feet. (“aap sabh de charna wich dandot parvan karo ji”).

I have a question. Question is

What do you do when you really want to forgive someone for the things they have done in the past. Because you know that is the only way you can be at peace with yourself. But every time you reach a point where your mind is stable and you are at the point of forgiving them that they take certain actions or do things that make it harder. What do you do then?

Lowest of low (“neecha di neech”)

--

Reply from Slave of slaves (“Dassan Das”):

Forgiveness means forgiveness, it doesn’t mean one time forgiveness, it is a continuous process. You need to continue forgiving. If you are getting distracted by somebody’s actions, or somebody’s behavior is making you angry then there is SOMETHING WRONG IN YOU. It is your ego (“Haumai”) that is preventing you to exercise forgiveness again and again, so don’t let your ego take over. Remember ego is a chronic disease and forgiveness is a divine quality.

Forgiveness will bring kindness in you; it will make you free from anger and ego. Because ego and anger complement each other, and forgiveness and kindness complement each other.

So you want to become kind and forgiving and not egoistic and angry. Always keep in mind; if anybody is trying to hurt you like this then he is really hurting himself. He is sowing badly for himself and he will have to reap that bad deed one day in his future time. And you don't want to react the same way, instead you want to keep on and stay on with the truthful deeds and sow good by being kind and forgiving.

So bring forgiveness in your Heart ("Hirda") and make it a kindest heart ("Hirda"), which will take you closer to the Almighty where as ego and anger will take you away from the Almighty.

Slave of slaves

"Dassan Das"

#### **4. Honest Work**

We had the great fortune to speak with Truth Master "SatGuru Baba Jee" last night - He is Great Great "Dhan Dhan".... palm pressed prostration ("dandout") forever to Complete supreme Saint - Truth-Guru ("Puran Sant SatGuru"). "Sat Sat Sat SatNaaaam".

He spoke about True ("Kirat") (Honest Work) and that it is often mentioned about 10 finger nails ("dassa nauwaan") Work ("di kirat"), "Baba Jee" said that sometimes people have to be a little deceitful when carrying out their daily jobs - so how can this be True Honest Work ? ("Kirat") This can only become True honest work ("Kirat") if we give tenth of earnings ("dasvandh") back to Truth.

He said that the True honest work ("Kirat karni") is - to destroy the 5 enemies is the True honest work ("Kirat") ("Punj Doot Tud Vas Keethai Kaal Kunthak Maareyaa"). The gang of five are always waiting to pounce.....Truth Master ("Baba Jee") said that whenever we are thinking about ourselves then we are under the influence of the thieves ("doots") - when we think of the well being of others then we are away from the five.

We said that it is so easy to lose at this game...he said 'You better believe it!'

Great great greatest is our lucky luck ("Dhan Bhaag Humaarey") that we have True congregation ("Sat Sangat") to help keep us on the path and remind us that we need to be constantly aware of the dangers of mammon ("maya")... always ready with readiness ("Tiaar Par Tiaar"). Always looking at ourselves and our actions and see if what we have just done (and are doing) is in any way influenced by her. True Master ("Baba Jee") says that devotional worship ("bandagi") is the acceptance of our sins and then asking for forgiveness then moving on, then accepting if we commit more sins and asking for forgiveness then moving on.

True Master (“Baba Jee”) also mentioned that we must ask Guru’s word-wisdom (“Gurbani”) what it is that goes with us when we die, it is not the Outward appearance (“baana”), the 5Ks ( 5 sacred symbols in Sikhism) did not go with Great Lovable Lord—Master “Gobind Singh” (“Guru Gobind Singh Jee”) when He left. He said that Guru’s word-wisdom (“Baani”) will tell us that it is our Truthful Deeds (“Sat Karams”) that will go with us. So we should recite lovingly with full blossomed heart and mind (“Jap Mun”) “Satnaam Sada Sada Satnaam...” ( truth ,truth and always, always truth is he)

True Love-filled Master (“Baba Jee”) asked us to pass on His love to everyone.

Countless palm pressed prostrations in holy feet of only one & All (“Dandout to one and All”),

Lowliest among low (“Kiram Jant”)

## **5. Greeting The Guru – Dandauth**

### **MEANING OF “ DANDAUTH” (Palm pressed flat lying prostration)**

#### **PART 1**

The divine meaning of Palm Pressed flat lying prostration (“Dandaut”) is to surrender yourself completely to the Guru. The literal meaning is to lie down on your belly with your face down and with folded hand in front of the Guru’s feet in full congregation. By doing so you will be physically practicing the Guru’s words:

**(“Kar Dandaut Pun Wadda Hai”),**

Do Palm pressed flat lying prostration (“Dandauth”) – It is great virtuous deed)

”Kirtan Sohila”

By doing Palm Pressed flat lying prostration (“dandauth”) in front of the entire holy congregation (“Sangat”) you will physically feel the difference inside you. It will bring a lot of humility and humbleness inside you. You will be moving forward in the process of full surrender to the Guru. This is a divine law, which is mandatory to bring complete humbleness inside you. Humbleness is going to drive your ego out and make you closer to the Supreme Guru God (“Gur”) and Guru.

Utmost humbleness is the key to the Court (“Dargah”) of Timeless eternal Being (“Akal Purakh”).

A person who becomes Slave of slaves (“Dassan Dass”) is :

- (“Param Padvī ,a Sant Padvī”) Supreme Status, Saint Status,
- At the level of, knower of universal divine wisdom ( “ Padvī of BrahmGyani”)
- Slave of the slaves,
- Lowest of the lowest,
- Humblest of the humblest.

**(“Brahm Gyani Sagal Ki Reena”)**

(“BrahmGyani”) Universal knower of God is the dust of all

(“Sukhmani”)

This line means that (“Brahm Gyan”) Knowledge of God comes when one becomes the (“Charan Dhoor”) foot dust of the entire universe. It means you need to become the lowest of the lowest. This is the height of humbleness and humility. And this is a divine quality of a person that takes him to such heights in the Divine Court (“Dargah”) of Timeless eternal Being (“Akal Purakh”).

Slave of Slaves

(“Dassan Das”)

PART 2

**HOW TO BOW?**

(“DANDAETH BANDHNA”)

PALM PRESSED FLAT LYING PROSTRATION

– WEAPON TO KILL YOUR EGO (“HAUME”)

Palm Pressed flat lying prostration (“Dandauth”) means lying flat as a stick when greeting your Guru. (“Bandhna”) means Greeting. (“Dandauth Baandhna”) literally means to lie on your belly, face down with folded hands on the feet (“charan”) of the Guru.

The normal Sikh Tradition is (“matha tekna”) – bow your head on the (“charans”) feet of your Guru. But Guru’s word wisdom (“Gurbani”) says: Do palm pressed flat lying prostration, it is a

boon (“kar dandauth pun wadda hai”). This means that Timeless eternal Lord (“Akal Purakh”) is telling you to earn the rewards by doing Palm pressed flat lying prostration (“dandauth”) on the feet of your Guru.

**(“dandauth bandhna anik baar  
sarab kala samrath”)**

Do the Palm pressed flat lying prostration (“dandauth”) greeting again and again, many times On the feet of the Timeless eternal Being (“akal purakh”), Complete Saint (“puran sant”), Truth Guru (“satguru”).

Guru “Arjun Dev Ji”.

In the deepest sense it means to surrender your self completely at the feet of the Guru. By doing so you will move spiritually forward. Offer everything you have – (“tan man dhan”) body, mind and wealth – to the Guru. You will start to kill your ego/pride (“haume /ahankaar”). This is your worst enemy and by doing Palm pressed flat lying prostration greeting (“dandauth bandhna”) in full congregation (“bhari sangat”) at the Guru’s House (“Gurudwara”) you will win your ego. Do it time and again, the more you do it the more you will be cleaned from inside. You will be more humble every time you do it.

You can't complete your spiritual path (“puran bhagti”) without complete surrender to the Guru. Palm pressed flat lying prostration greeting (“Dandauth Bandhna”) will help you a great deal to do complete your spiritual journey (“bhagati”). It works great, just do it, and do it time and again, it will do wonders to you, it will clean you up from inside very fast.

Remember the supreme status (“param padvi”) is to become slave of the slaves (“dassan dass”) of the entire universe (“kot brahmand ka dass”). Become the shadow of the shit of 8.4 million species of the entire universe (“84 lakh juni di lidh da parchawan”). (“Dassan Dass”) is the slave of the insect that crawl in shit (“bishta ke kire ka dass”).

You need to be so humble that you should have the same respect for your food as for your shit and urine. (Ed note: Meaning doesn't see food as great, and shit as disgusting. Its all part of God's great creation – it is all GREAT, great – (“dhan dhan”). Greater than our ego.)

When Guru Nanak was getting ready to hand over the Guru-ship (“gur gaddi”) to Great Lovable Brother (“Bhai”) “Lehna ji”, he asked him to eat a human dead body. And do you know what Great Great Supreme sacrificial Brother “Lehna Ji” (“Bhai Sahib Lehna ji”) asked the Guru? “Where should I start eating it?” This is how Great ,Great Love filled Brother of all “Lehna Ji” (“Bhai Sahib Bhai Lehna ji”) became Slave of slaves (“Dassan Dass”) and Guru “Angad Dev ji”. That is what Slave of slaves (“Dassan Dass”) is.

Are you moving on the right direction to become a Slave of slaves (“Dassan Dass”) ? You can look inside and judge yourself. God is sitting inside you judging you

**(“takdi watta tolan haara”)**

The Measuring Balance, Measuring Yardstick,  
And the One who is measuring you, judging you on a continuous basis.

The bottom line is that you have to bow before each and every creation of His to become a Slave of slaves (“Dassan Dass”), to become like Brother ,dear lovable great “Lehna ji” (“Bhai Sahib Bhai Lehna ji”) and Guru “Nanak Dev ji”. You may not be able to become them, but take them as your role models and try to become LIKE them. Utmost humbleness is the key to success.

Keep in mind when you try to do Palm pressed flat lying prostration greeting (“dandauth bandhna”) for the first time it might be difficult to do it. If you tried and were not able to do it then you are a loser and your ego (“haume”) is still the obstacle. If you do it then you are a winner. You will feel the difference between bowing head at feet of Guru (“matha tekna”) and Palm pressed flat lying prostration greeting (“dandauth bandhna”) after you do it.

Along with Palm pressed flat lying prostration Greeting (“dandauth bandhna”) you should dust Congregation’s (“sangats”) shoes with your beard or ponytail for women. Or at least dust them with your bare hands from the bottom of the shoes and put the dust on your forehead and recite, “sat naam wahe guru”. Be as humble as possible.

Guru’s eternal lovable word wisdom (“Gurbani”) also says:

**(“Jo dise gursikhra tis niv niv lagoon pae jio”)**

On seeing Guru’s disciple ( “Gursikh”) become humble and bow before them

So not only do we bow to the Guru, but Guru’s word wisdom ( “Gurbani”) is telling you to bow before the person who is Guru’s Disciple (“Gursikh”). And who is Guru’s disciple (“Gursikh”)? Who is the servant of “Gur” (God / Timeless eternal Being (“Akal Purakh”)? The one who has surrendered everything to Him - that one is a real disciple of Guru (“Gursikh”).

The words – Saint (“sant”), Pure Being (“ khalsa”), Simple (“sadh”), Devotee Of Guru (“ gurmukh”), People of God (“jan”), Knower of Universal wisdom/Knower of God (“ BrahmGiani”) are very high spiritual positions – Realm Of Truth (“sach khand”) and above. They are the people who have conquered over their mind and 5 thieves and are one on one with Timeless Lord Of All (“ Akal purakh”).

Timeless Lord (“Akal purakh”) is saying:

**(“hum santan ki ren pyare hum santan ki sharna**

**Santa paas punji hamari sant hamara gehna”)**

I am the dust of the feet of the Beloved Saints; I seek the Protection of their Sanctuary.

The Saints are my all-powerful Support; the Saints are my ornament and decoration. ||1||

(SGGS 614)

Doesn't this mean that for Him a Saint is every thing? Doesn't this show how much He loves a saint? He lives in the Saint and serves the Saint - and what does a Saint do

**(“sant jpawe naam”)**

A saint causes the God’s ambrosial eternal nectar Name (“Naam”) to be repeated.

**(“Bin satgur naam na paey”),**

Without the Truth Guru (“Satguru”) no one has found the Ambrosial Nectar Name (“Naam”).

**(“Bin satgur bhagat na hoi”),**

Without the Truth Guru (“Satguru”) no devotional worship can be done

**(“Bin satgur mukt na hoi”),**

Without the Truth Guru (“Satguru”) no salvation can be attained

**(“Satgur maha purakh paras hai”),**

The Truth Guru (“Satguru”) is the Great Soul, the Touchstone (changes us into God)

**(“Nanak sadh prabh bhed na bhai”),**

“Nanak”: no one can understand the depths/ways of the Saint

**(“Braham gyani aap parmashwar”),**

The Knower of Universal Wisdom (“brahmGiani”) is Supreme Transcendental Lord Himself.

**(“Braham gyani aap nirankara”),**

The Knower of Universal Wisdom (“brahmGiani”) is the Formless Lord.

**(“Braham gyani puraana purakh vidhata”).**

The Knower of universal Wisdom (“brahmGiani”) is the perfect Being.

Please forgive this (“bishta ka kira”) insect in manure for any misrepresentations.

(“Dassan Das”)

Slave of Slaves

## **5A. The Power Of Dandauth Bandhna**

By Harmeet Singh:

I would like to share this experience with the sangat. I've always had feelings of doing Dandauth Bandhana in open public, Gurudwara etc but I've always had this fear in my head of people's reaction and opinion towards me and I've always failed. I have had no problems doing it in the MK sangat and to my own family members but I've always had a fear of doing it in front of public / any stranger.

When I went Canada, SatGuru Baba Ji who knows all, knew my weakness and gave me hukam to do Dandauth when I go back to UK. But I struggled again for a week or so, but it was the hukam of the Guru and until it was done, it would constantly stay in my thoughts telling me to do it but I still wasn't doing it, so I got fed up and rang Baba Ji and prayed "O Sacha Patshah, I am

just an illusion, I am just a witness to your play, everything that is being done through me is being done by you, How can I do everything, O Fearless Lord, you come and do it and destroy my ego and pride". Baba Ji in response said now you will do it, I will do it! and then BOOOOM! the very next day, it happened in Vaisakhi in Nagar Kirtan!

Everything Baba Ji said happened to me! He told me when you do it and you will feel like a lion, you will feel like if a mountain has left your head and it all happened Baba Ji, I don't care anymore about what people think or say, I have my back towards this illusionary world and my face towards you and I can openly say and express in front of the entire universe that I am the dog of Paar Brahm Parmeshar, I am the dog of the infinite divine power, I don't care anymore, Satnaam has made me his lion who doesn't care about anything but him.

Hahahahaha, SatGuru is setting Harmeet free now!!!! Actually, He's setting his ownself free! Who's harmeet? Nothing! It's all the creator's play, where he sits in the Guru and gives grace and sits in the disciple and receives grace. Oh Lord, you yourself do everything, Servant Harmeet is now just a witness to your play! Servant Harmeet watches the Lord play through this body now!!!!!!!!!!!!!!

## **6. Staying On The Path - Passing The Tests**

("Bandgi") Progressing on the Spiritual Path is walking on the edge of the sword ("Khandey Di Dhaar"):

To forsake pride, emotional attachment, and the sense of 'mine and yours',  
is the path of the double-edged sword. ||3||

SGGS 534

If you desire to play this game of love with Me,  
then step onto My Path with your head in hand.  
When you place your feet on this Path,  
give Me your head, and do not pay any attention to public opinion. ||20||

SGGS 1412

The True Lord's true devotee's ("Bhagat's") actions and deeds are in the Divine will ("Hukam") of Timeless eternal Love Lord ("Akal Purakh"), all his five senses are under Complete



(“Puran”)divine will (“ Hukam”) of Great great supreme transcendental beyond universal limits Supreme Lord (“ Dhan Dhan Paar Braham Parmesar”). He is always completely absorbed in the Almighty. He is beyond the three attributes (“TreGuns”) of mammon (“Maya”) (“Rajo, Tamo and Sato”):

The greatness of the Holy people is beyond the three qualities.

The greatness of the Holy people is all pervading.

The glory of the Holy people has no limit.

The glory of the Holy people is infinite and eternal.

SGGS 272

The entire word is being run under the deep influence of the three qualities of Mammon (“Maya”)

1. (“ Tamo”) – Sexual Lust , Anger, Greed , attachment ,Pride/Ego, Slander, Gossip mongering & Back Biting, Mocking (“Kaam Krodh Lobh Moh Ahankaar, Nindya Chugli Bakhili”);
2. (“Rajo”) – (“Asa Trishna Mansha”) means all kinds of desires;
3. (“Sato”) – (“Daan”) Philanthropy, (“Dharam”) religious deeds, (“Santokh”) Contentment, (“Sanjam”) Patience.

Most people are under the deep influence of mammon (“Maya”) and can’t understand the actions and deeds of a Saint. They should not question the deeds of a Saint. Nor should they make the mistake of judging a Saint. For that matter no one should ever pass any negative judgment or criticism about anybody else but themselves. We should never involve ourselves with describing the (Awguns) misdeeds, bad character, and bad behavior of anybody. Any kind of a negative criticism is defined as slandering (Nindya) in the Guru’s wisdom (“Gurbani”). And nowhere in Guru’s wisdom (“Gurbani”) has such criticism been accepted. Any kind of negative criticism has been totally forbidden in Guru’s word wisdom (“Gurbani”).

Whenever we involve ourselves in negative criticism of anybody, we don’t do any good to ourselves. Instead the person who is being criticized is benefited. By doing slander we lose our spirituality. Our loss of spirituality goes as a gain of spirituality to the person being criticized.

What makes Devotional, Loving worship (“Bandgi”) like walking on the edge of a sword?

The path of Devotional, loving worship (“bandagi”) leads us to the attainment or achievement of all the divine qualities as we move through the Realm Of religion (“Dharam Khand”), Realm of Wisdom (“Gyan Khand”), Realm Of efforts (“Saram Khand”), Realm of Grace (“Karam Khand”) and finally realm of Truth (“Sach Khand”) stages of Complete Devotional loving worship (“Puran Bandgi”) of ultimate, unlimited, always graceful, blissful Lord of All .

However, during the course of our devotional worship (“Bandgi”) we have to go through a series of tough examinations to prove our commitment, belief, trust and unconditional love for the Almighty:

Kharey Parakh Khaney Paaye,  
Khotey Bharam Bhulaye.

During our course of Devotional worship (“Bandgi”) we do go through failures and successes like as in learning any other subject or while going through education at school and college.

The examinations or tests of devotional loving worship (“Bandgi”) pertain to our following the Guru’s word wisdom (“Gurbani”) in our daily life and the extent to which we practice the divine laws in our daily life.

What do we do to stay awake spiritually and mentally?

What do we do to avoid getting involved in any kind of bad deeds under the influence of Maya?

How much learning of Guru’s love wisdom (“Gurbani”) and putting it into practice do we do every day?

Whatever little bit of it we do learn every day we need to put into practice to pass the tests. The ultimate stage is to become a completely truthful person. To develop all the divine qualities of head and heart as described in the Guru’s word wisdom (“Gurbani”). And then bring these divine qualities inside us by putting them in to physical actions in our daily deeds.

As we progress through the devotional worship (“Bandgi”), we will see and have numerous obstacles in the form of distractions of our own mind due to illusions, delusions, doubts, superstitions, world wisdom and evil wisdom (“dubidha, bharams, munnmat, durmat, sansarik mat).

These distractions along with life’s problems lead to situations that at times become unbearable

for a person. They become unstable on the path of eternal devotion (“Bandgi Marg”). These distractions can be due to many things eg:

- Financial difficulties;
- Job or business problems;
- Family ties
- Unfriendly behavior of family members;
- Negative behavior of society;
- Slandering by the society and your own family members;
- Poverty;
- Other family issues,
- Sick family member,
- Your own health issues,
- Strained relationships between your family members and other relatives.

There are so many obstacles on the path of eternal devotion (“bandagi”) that right from the first step on this path you need to be prepared to face the ENTIRE WORLD if need be. All such issues will try to take away your commitment, belief and trust in the Supreme Guru Almighty (“Gur”), Guru and Guru’s word wisdom (“Gurbani”) and most importantly your loving devotional worship (“Bandgi”).

Having such issues around you make your truthful devotional worship (“Bandgi”) tougher and tougher. It will make you feel that you are walking on the edge of the sword. Sometimes you might experience a number of such issues all at once. This will take a heavy toll on you.

It is worth mentioning here that many people do get very easily distracted by life issues. Others have a better resistance and they can pull on for longer. But ultimately there are very few which will walk all the way over the edge of the sword. That is why Guru’s word wisdom (“Gurbani”) says:

**(“Kottan Meh Nanak Kou Narayan Jeh Cheet”),**

Nanak: only one in millions will make it through.

However, this doesn't mean that you should get discouraged and not even try. It means that you should be very insistent and consistent in your efforts. If you don't give up and follow the divine wisdom in a very

- Consistent manner,
- With full belief,
- Commitment and
- Trust

Then you are bound to win over mammon (“Maya”) and make it through Realm Of Truth (“Sach Khand”).

As we said earlier it is basically a test of

- Your loyalty to the Creator,
- Your commitment to the Doer,
- Your belief in the Almighty,
- Your trust in Timeless eternal Love Lord (“ Akal Purakh”),
- Your unconditional love for Supreme Lord beyond of universal limits (“Paar Braham Parmesar”) and
- Your thirst for absorbing His Divine lovable feet (“ Charans”) in your Heart (“ Hirda”)

That will determine your success in this process.

The Almighty will judge your state by seeing how much the following divine qualities have become a part of your soul:

- (“Ek Drisht”) – Single Vision every body is equal in the eyes as a Saint, there is no duality in his vision and thought,

- (“Nirbhao”) – no fear of delivering the truth to the masses, no fear of serving the truth to the masses,
- (“Nirvair”) – no enmity with anybody, every one is a friend, nobody is enemy, means he loves all the creations of the Creator as much as much he loves the Creator,
- Win over Mammon (“Maya”) completely,
- Control over the Five Thiefs/vices (“Panj Doots”),
- Win over all the desires,
- (“Parupkari”) Philanthropy – always doing good to others, become very kind hearted
- (“Maha Parupkari”) Farther Philanthropy – helping others to move on this path to ultimate freedom Salvation (“Jivan Mukti”),
- Completely forgiving others for their misdeeds,
- Humblest of the humblest,
- Lowest of the lowest,
- (“Dassan Dass”) – slave of the slaves,
- Always soft and sweet spoken – (“Mith Bolra Ji Har Sajjan Swami Mora”),
- Doesn’t look and criticize others for their misdeeds,
- Completely forgiving hearted,
- Always completely silent from inside, no bad thoughts, for that matter only thoughts that will help others to move on the path of Salvation (“Jivan Mukti”),
- Always absorbed in the Almighty, become one with Almighty, always enjoying inner Soul nectar (“Atam Rus”), completely enlightened with supreme blissful Light of God (“Param Jyot Puran Parkash”) from inside, At Supreme indefinable Stage (“Param Padvi”), Opened Tenth Divine door (“Dassm Dwaar”) and opening of all the closed divine doors (“Bajjar Kapaats”) & channels of

communication with cosmic energy – (“Brahmandi Shakti”) ,enjoying the God’s Unending Praises (“Akhand Kirtan”) in form of unlimited sound forms (“ Anhad Shabad Naad”) on a continuous basis: (“Dassam Duaraa Agam Aparaa Param Purakh Ki Ghatee”),

- Every bit of body – (“Rom Rom”) reciting God’s Lovable Name (“Naam”) on a continuous basis,
- All the seven seas of spiritual energy– (“Sat Sarovar”) inside the body are activated and giving blissful ambrosial nectar (“ Amrit”) on a continuous basis, overflowing ambrosial nectar (“Amrit”) from the body and so giving others ambrosial love nectar (“ Amrit”), become custodian/Giver of ambrosial love nectar (“Amrit Ka Data”) Himself – a Complete saint (“ Puran Sant”), a Complete knower of Universal wisdom (“Puran Braham Gyani”).

Slave of slaves (“Dassan Das”)

## **8. Learn To Trust**

Eternal, loved, loving, grace of great, great Guru and God who is unapproachable, unfathomable, imperceptible, endless, infinite blessed, blessed supreme lord and master: (“Gur Parsaad of Agam Agochar Shree Paar Braham Parmesar”) and the Guru we will take this opportunity to bring some ultra important mandatory divine laws of the divinity and the Divine court (“Dargah”) of Great great Timeless eternal Love being (“Dhan Dhan Akal Purakh”) with unlimited Guru’s loved, loving and always love full blessed grace (“Gur Kirpa”) which are very important to understand for Complete Devotional selfless worship of one (“ Puran Bhagtee”).

Anybody who takes an opportunity to understand and bring these divine qualities of a True devotee (“Bhagat”) inside his divine heart (“hirda”) at any point of time in his life and dedicates himself to Love bondage of ultimate freedom (“Bandgi”), will surely achieve his objective of the current life, which is salvation (“Jivan Mukti”). We all have been extremely fortunate to be born as human beings, a human being is the ultra most beautiful creation of the Almighty:Now you have got lovable gift to be born as Human,this is time to unite with one and only God (“Bhai Prapat Manukh Dehuriaa Gobind Milan Ki Ehi Teri Buriaa”); Human birth is priceless and is very difficult to get (“Manas Janam Dulambh Hai”), this is the only creation which can reach Him and be one with Him, achieve the Supreme Status (“Param Padvi”):

- With Love Lord’s, the ultimate unlimited one’s Graceful Blessed Grace one attains the status of supreme level, (“Gur Parsaad Param Pad Paayee”);
- Understanding the Lord’s eternal Lovely willingness one attains the supreme status (“

Hukam Boojh Param Pad Paayee”),

- Become a Complete Pure being (“Puran Khalsa”): When supreme complete light of eternal Truth wisdom ignites with full brightness, one is Pure (“Puran Jyot Jagey Ghat Meh Tab Khalas”),
- Become a Complete Saint in all senses (“Puran Sant”): Lord and his saint are one, (“Ram Sant Dohen Ek Hain”), Santan Bin Aur Naa Dataa Beeaa,
- Become Knower of Universal True wisdom (“Braham Gyani”): Oh, Dear Lovable and sweeter than Love Nanak! Knower of universal true wisdom is Supreme Lord of all (“Nanak Braham Gyani Aap Parmesur”),
- Become a Sikh: The one who is called sikh wakes up early in morning and meditates on one Truth’s Name. (“Gur Satgur Kaa Jo Sikh Akhaye So Bhalkey Uth Har Naam Dhyaaye”),
- A Guru’s sikh (“Gursikh”): By having dust of feet of Guru’s Sikh, Even sinner like us can have spiritual ultimate stage (“Gursikhan Ki Har Dhoor Ley Hum Paapee Bhi Gath Payen”),
- A Guru’s lover (“Gurmukh”): GURMUKH SADAA RAHEH RANG RAATAY AN-DIN LAIDAY LAAHAA HAY,
- A God being (“Jan”): Oh Lovable Great Nanak know it true, there is no difference between God & God’s being (“Har Jan Har Anter Nahin, Nanak Saachee Maan”).

We should all be therefore very thankful to the Almighty for blessing us with this human life and move on this path of truth – Realm of Truth (“Sach Khand”) for realizing the goal of our human life – Salvation/Freedom from loop of birth& death (“Jivan Mukti”).

The threshold of Devotion (“Bandgi”), the beginning of the devotion (“Bandgi”), and the Devotion (“Bandgi”) itself and its height is nothing but :

- The Trust in Supreme Guru God (“Gur”), Guru and Guru’s eternal sweet loving word wisdom (“Gurbani”),
- The full and complete belief in the Supreme Guru God (“Gur”), Guru and Guru’s eternal word wisdom (“Gurbani”),
- The full and complete commitment to the Supreme Guru God’s (“Gur”) and Guru,

- The full and complete surrender to the Supreme Guru God (“Gur”) and Guru,
- The unconditional and true love for the Supreme Guru God (“Gur”) and Guru and for all His creations.

True Love (“Sachee Preet”),

True Faith (“Sachee Shardha”) and

True Belief (“Sachaa Vishvaas”)

Is the Devotion (“Bandgi”), is the real Worship/discipleship (‘Bhagati”).

These qualities of a worshipper/lover of God (“Bhagat”):

- True Love (“Sachee Preet”),
- True Faith (“Sachee Shardha”),
- True Belief (“Sachaa Vishvaas”),
- Unconditional true love for Him and all His creations,
- Commitment and belief,
- Complete surrender to the Supreme Guru God (“Gur”) and Guru,

Will make you a Lover Of God (“Bhagat”), and when you become so then your devotion (“Bandgi”) is accepted in the Court of Eternal, Timeless Being who is full of love (“Dargah of Akal Purakh”), and until you have not become so you are still playing in the hands of Maya.

Trust has no limits, no boundaries, no dimensions, no depth; it is unlimited like Eternal Love Timeless Being (“Akal Purakh”) Himself. The more Trust we do the less it is, the more you Trust Him, the deeper you dive in divinity, the deeper you go in to the Deep Spiritual Ocean (“Mansarovar”) of Inner ambrosial nectar (“Atam Ras”), the more Love-nectar (“Amrit”) you feel and experience physically, the more closer you go to the Almighty.

The trust is the key element, it is the basis of your love for Him and all His creations. Trust is synonymous to true love, (“Sachee Preet”), True Faith (“Sachee Shardha”) and Devotion (“Bandgi”) itself.



Loving God (“Bhagtee”) itself is nothing but trust. We will not hesitate to say that trust is the Divine Form (“Roop”) of Ultimate divinity, eternity, beyond trinity Timeless Love being (“Akal Purakh”), Lover Of God Great Great Devotee Dhanna’s (“Bhagat Dhanna Ji’s”) love for God (“Bandgi”) was just based on the presence of Almighty in a stone, he believed and trusted so much that he was able to bring God out of the stone.

This is what Devotional worship (“Bandgi”) means, the trust and nothing else, you will be able to understand Guru’s Love wisdom (“Gurbani”) only if you trust, if you don't understand it then there is a deficiency in your trust. You will be able to understand the divine words and divine wisdom only if you have trust in them. You will feel and experience the presence of Timeless Lord of all (“Akal Purakh”) only if you have developed a trust in Him. The person who trusts becomes a Sikh, then a Guru’s Sikh, then a Guru’s Lover (“Gurmukh”) and then a Complete Saint (“Puran Sant”).

The trust will:

- Start to bring Guru’s eternal word wisdom (“Gurbani”) inside you,
- Make you practice Guru’s word wisdom in all physical senses (“Gurbani”),
- Give you the urge to do loving recitation of God’s Love Name, Truth (“Naam Simran”),
- Help you to start enjoying recitation of God’s Lovable Name (“Naam Simran”),
- Help you enjoy listening Guru’s word wisdom (“Gurbani”) and listening Praises of Lord (‘Kirtan’)
- Allow your mind to concentrate more and more,
- Allow you to feel the peace inside,
- Increase your desire for the Almighty becoming stronger and stronger,
- Make you feel like surrendering yourself to the Supreme Guru God (“Gur”) and Guru.

These are some of the signs that will show you that your trust is building up, it will not happen in a day or a few days, but slowly and slowly you will start building your trust in the Supreme Guru God (“Gur”), Guru and Guru’s eternal love wisdom (“Gurbani”).

Trust is

- The real power behind the Devotional worship (“Bandgi”),
- It is the super power,
- It is the eternal power,
- It will make you merge and become one with Eternal Lovable, love filled, Always Timeless Supreme Lord of all (“Akal Purakh”),
- It will bring you freedom of ultimate stage , freedom from birth & Death , Salvation (“Jivan Mukti”),

so please learn to trust in the Supreme Guru God (“Gur”), Guru and Guru’s word wisdom (“Gurbani”).

Slave Of Slaves

(“Dassan Dass”)

## 9. Key Divine Laws

MEDITATING ON COMPLETE GOD WHOSE ETERNAL AMBROSIAL NECTAR LOVE DRENCHED NAME IS COMPLETE, LOVE FILLED TRUTH NANAK! COMPLETE WE HAVE GOT LETS SING THE LOVABLE PRAISES OF THE COMPLETE ONE.  
 (“PURA PRABH ARADHYA PURA JAA KAA NAO, NANAK PURA PAYEA PURE KE GUN GAO”)

This servant of the guru and holy congregation (“sangar”) will take this opportunity to congratulate and thank the guru, Timeless one ,only Lover of all ,Guru of all ,Transcendental Lord of all (“akal purakh”) and entire congregation (“sangar”) for their pursuit to know and experience the absolute silence (Peace) –

The Supreme Light – Complete lumination –Beyond attribute Formless, Eternal, Love Form of Timeless Great Great, Supreme Lord of all (“param jyot- puran parkash - nirgun saroop of akal purakh sahib ji”),

With the Graceful Grace of Guru (“gurkirpa”).

This is the absolute silence & Peace –Supreme light of lights Complete Brightness (“param jyot puran parkash”)

Which takes you to the complete stability – (“atal awastha”) & Under Complete Blissfully Blessed infinitely graceful God’s Will (“puran hokum”) –

SUPREME STAGE OF REAL REALITY-SPIRITUALITY IS ACHIEVED BY  
UNDERSTANDING THE GOD’S DIVINE WILL  
("HUKUM BOOJH PARAM PAD PAI"),

ALL (HAPPENING) IS INSIDE THE BLISSFUL DIVINE WILL, NOTHING OUTSIDE  
("HUKME ANDER SABH KO BAHAR HUKUM NA KOI"),  
AS & WHEN DIVINE WILL SO IS HAPPENING  
("JIVE JIV HUKUM TIVE TIV KAAR"),  
AS THE DIVINE WILL WANTS, SO IT HAPPENS  
("JIVE JIV HUKUM TIVE TIV HOWNA"),

And once you reach there you don't hear anything else but the lovable praises of Only lover  
("kirtan") being sung by Infinite Universe ("kot brahamand") –

KAISI AARTI HOWE BHAVKHANDNA TERI AARTI – (“Kirtan Sohila”)

Through Wind Energy Guru (“ pawan guru”) –

WIND ENERGY GURU, WATER ELEMENT IS FATHER, WHOLE EARTH IS MOTHER  
("PAWAN GURU PANI PITA MATA DHARAT MAHAT"),

and your only aim of life remains to move on the path of greatest philanthropy (“maha parupkaar”) –

THE VIRTUOUS PEOPLE HAVE COME WHO ARE NOT IN CYCLE OF BIRTH &  
DEATH.  
("JANAM MARAN DOHU ME NAHIN JAN PAR UPKARI AYE.”)

The key to success is in following the Complete Truth wisdom (“puran gyan”) for Complete devotional worship (“ puran bhagti”) –

MEDITATING ON COMPLETE GOD WHOSE ETERNAL AMBROSIAL NECTAR LOVE  
DRENCHED NAME IS COMPLETE,

LOVE FILLED TRUTH NANAK! COMPLETE WE HAVE GOT LETS SING THE  
LOVABLE PRAISES OF THE COMPLETE ONE  
("PURA PRABH ARADHYA PURA JAA KAA NAO,

NANAK PURA PAYEA PURE KE GUN GA.")

We all are very sincerely trying to achieve freedom of life (Salvation) ("jeevan mukti"), Eternal  
Forever bliss & peace ("sada such") –

RECITING "GUR,GUR" ( SUPREME GURU-GOD),FOREVER BLISS & HAPPINESS IS  
ACHIEVED ,  
("GUR GUR KARAT SADA SUKH PAYEA"),

To get relieved of the biggest sorrow – the cycle of life and death –  
BONDAGE OF BIRTH & DEATH  
("JANAM MARAN KA BANDHAN"),

And a complete peace by walking on the path of ambrosial love drenched God's Name ("naam  
path"). This doesn't happen without the Loved Kindness of Unfathomable, Undying,  
Indescribable, Unreachable One & Without Kindness of God-Guru (" agam agochar's kirpa,  
gurkirpa") –

("GUR KIRPA TE BHAGAT KAMAI TABH EH MANAS DEHI PAEE").  
WITH GURU'S ETERNAL NEVER ENDING LOVING GRACEFUL GRACE GOD'S  
LOVER HAS EARNED, THEN GOT THIS WONDERFUL HUMAN BIRTH

In order to make your pilgrimage – ("tirath") more fruitful and faster you need to concentrate on  
certain key divine laws. These are all hidden in Great great infinite Word-Wisdom Guru  
"Granth" – Wisdom Form of Ultimate Lover Almighty –Transcendental Timeless Lord ( " shri  
guru granth sahib ji – gyan saroop of akal purakh") –

HOLY BOOK IS PLACE OF SUPREME GOD  
("POTHI PARMESHAH KA THAAN"),  
RECITE IN COMPANY OF STRAIGHTENED, THE LOVING PRAISES OF ONE WHO  
DRIVES AWAY DARKNESS AND COMPLETE UNIVERSAL WISDOM  
("SADH SANG GOBIND GUN GAO PURAN BRAHAM GYAN").

The person – ("sevak") who follows these requirements very religiously will earn guru's and  
Timeless eternal being's unfathomable unlimited beyond limits & endless grace ("akal purakh's

agami anant apaar & beant kirpa”), and will have his Divine holy feet (“charans”) saturated in the heart of God’s (“bhagat’s”) lover for ever –

ENTHRONE THE LORD’S DIVINE FEET IN HEART  
 (“CHARAN KANWAL RIDH MAHE URDHARO”).

Now what are these divine laws and how will they affect you while marching forward on the path of ambrosial Love nectar God’s name (“naam marg”)?

Complete Trust (“Puran vishvaas”) and Faith (“shardha”) – absolute belief and commitment is the first and the foremost quality of a God’s Lover (“bhagat”). Worshiping or Loving God (“Bhagti”) is nothing but Full & Complete Faith (“puran shardha”) and Trust (“vishvaas”) on your guru and Timeless eternal Love being (“akal purakh”). We all do say that Great Great Wisdom Form of formless one Guru “Granth” King Of kings (“shri guru granth”) sahib is the guru, but we don't really practice Great great Wisdom form Guru “Granth” (“shri guru granth sahib ji”) as a guru. Let us look in self and make an assessment where do we all stand at - Universal Wisdom Form Guru “Granth” (“shri guru granth sahib ji”) says:

1) GIVE ALL TO GURU BODY, MIND AND WEALTH (“TAN MAN DHAN SABH SAUP GURU KO”)

Timeless Eternal Love being Lord of all lords Supreme sacrificial Lord (“Akal purakh”) is telling you to follow this divine law, it is word-wisdom from the eternity (“turqi bani”) - let us evaluate ourselves:

Do we give tenth of all our earnings (“daswandh”) & time to the guru – how else will you give the tan to the guru? The best way is defined in there: God’s remembrance with recitation of his love-Name in heart is supreme in all (“prabh ka simran sabh te uncha”), are we doing this remembrance (“simran”) for 2.5 hours every morning?

If we do how many of us do it on a regular basis, without any break? We have not given our mind to the guru if we have not earned the words said by the guru? The guru is telling you to give up everything that you consider is yours body mind & wealth (“tan man & dhan”), to him. These are his words, are we honoring them, if not then that is ego-selfness (“ahankaar-haume”).

We think these things belong to us, the fact is that all this is his lending (“amanat”), and he is asking you to give only one tenth of these back to him, and he is sitting inside you, judging you – weight, balance & balancer (“takkdi watta tolanhara”), you can't escape from being judged correctly, can you?

Do we give Tenth (“daswandh”) of our earnings to the guru? How else will you give wealth (“dhan”) to the guru?

EK BAST KARAN BIKHOT GAWAYE EK BHI NAA DE

DAS BHI HIR LE TO MURHA KO KAHA KARE (Sukhmani).

There is no other way to offer wealth (“dhan”) to the guru – during the time of the ten guru sahibs, congregation (“sangats”) used to take the Tenth of all earnings (“daswandh”) to the gurus. Every time we go to the Guru’s house (“gurudwara”) we look at our wallet and take out the smallest currency bill to offer to the guru, have you ever even thought of giving all the money in your valet to the guru? And if you have done so it is good, if not then you figure out yourself where do you stand.

If you are not giving (“daswandh”) to the guru then you are not sowing anything for your future –

(“JEHA BIJE SO LUNE”) – whatever you sow today the same you will reap later.

You can't be relieved of the effects of the maya if you are not giving tenth of earnings & time (“daswandh”) to the guru.

Do you want to know more about where do we stand, or is this much enough?

We do head bowing (“matha tekna”) when we go to the house of Guru (“gurudwara”) as if we are doing a favor to him, just by doing so do you think that we have accepted him as a guru? We don't think so, if you have not earned his words, then you have not accepted him as your guru. And therefore we can call ourselves as hypocrite/falsifier (“pakhandi”), immoral (“tankhahia”), and what not.

We call ourselves as Sikh of Beloved Guru (“gursikhs”), do we deserve to be called so, Sikh of guur (“gursikh”) means guru’s servant (“Guru ka sevak”). Are we serving the guru? The best way to serve the guru is to do what ever he tells you to do, and if you don't do it then you have not accepted him as your guru in the real sense, and you are cheating yourself and cheating the guru.

Under such circumstances, how the guru can lift you up in spirituality in this dark age –Era of Machines (“kalyug”) – Era of darkness is chariot of Fire and falsehood is charioteer (“kalyug rath agan ka kood agey rathwaho”) (“asa di war”).

2) THE GURU IS TELLING YOU TO DO FLAT LYING PALM PRESSED GREETING (“DANDAETH BANDHNA”):

DO FLAT LYING PALM PRESSED PROSTRATION IN FEET OF GURU AND CONGREGATION, IS VIRTUOUS DEED (“ KAR DANDAETH PUN WADDA HAI”) (Kirtan Sohila)

Do we do flat lying greeting (“dandaeth”) when we go to the house of guru (“ gurudwara”)? This is a very powerful divine law to break your ego/selfishness (“haume”), ego is a disease of most severity (“haume deeragh rog hai”) (“asa di war”), if you go to the guru’s House (“Gurghar”) and don’t do it, you have not earned guru’s words. By doing so you will be doing well to your soul, your ego will start to disappear, you will become humble.

Another example:

3) FIVE THIEVES ARE UNDER YOUR CONTROL (“PANJ DOOT TUDH WAS KITE”)

Are we working to control the 5 thieves? Or are they controlling us? In fact these five enemies – Sexual Lust (“kaam”), Anger (“karodh”), Greed (“lobh”), Attachment (“moh”) & Ego/Pride (“ahankaar”), are governing us all.

There are an unlimited number of such universal wisdom (“braham gyan”) in the holy divine book “granth” – are we putting this wisdom (“gyan”) in to our daily life? If yes then we belong to the guru if not then we are not Sikh of beloved great great Guru (“gursikh”) & One whose face is towards Guru (“gurmukh”), but we are one who listens only to his mind (“manmukh”) and we are without any true face (away from Guru’s teaching)(“bemukh”).

Rituals and outside dress – (“bana te baharli rehat”) doesn’t make a guru’s true disciple (“gursikh”), internal commitment, cleaning up your mind, heart and soul – (“anderli rehat”) is the key to success –

(“REHAT PYARI MUJH KO SIKH PYARA NAHIN”) (“Dassam Patshah”).  
DISCIPLINE IS LOVABLE TO ME NOT DISCIPLE.(“ Tenth King of Kings”)

Just take one divine command inscribed in holy book of love (“hukumnama”), evaluate yourself in light of this divine command (“ hukumnama”) and work on it, that is all you have to do, everything will start to fall in the right place for you because then you will start to become a guru’s true student (“gursikh”) and one whose face is always towards Guru (“gurmukh”).

Similarly there are a countless number of divine laws hidden in guru’s loved word-wisdom

("gurbani") – ("heera, moti & rattans") – jewels and diamonds, these are gathered by the enlightened souls –

("BRAHAM GYANI KA BHOJAN GYAN"),  
FOOD FOR KNOWER OF UNIVERSAL WISDOM IS KNOWLEDGE/WISDOM,

("SARVER ANDER HIRA MOTI SO HANSA KA KHANA")  
FOOD FOR SPIRITUAL SWANS ARE JEWELS & DIAMONDS OF WISDOM AND LOVE  
INSIDE THE LAKE OF HEART.

Guru's loving word-wisdom ("Gurbani") is a unlimited and without any boundaries –  
("mansrower") - full of these priceless jewels and diamonds, the most precious – ("anmolak  
rattan") being – ambrosial nectar God's Love name (" naam") – Truth ("sat naam") –Super  
omnipotent word ("mahamanter"), One ek onkaar – beej manter – the origin –

("BEEJ MANTER SARAB KO GYAN") ("Sukhmani").  
SEED MANTRA IS WISDOM OF ALL. (jewel of bliss)

("Gurbani") – ("gur") means Timeless eternal lord of all ("akal purakh"), ("bani") means word.  
("Gurbani") means his words. God's word-wisdom ("Gurbani") never stops, is continuously  
coming from him, even now it is coming, he is constantly singing divine word-wisdom  
("gurbani"), six gurus had the capability to listen Lovable atmost humble God's Love musings  
his word-wisdom ("gurbani"), sing it and write it, so that is what they did. God's divine word-  
wisdom ("Gurbani") is unlimited, it is infinity like him, no boundaries, it can't be defined in its  
totality, it is self illuminated, self created ("saibhang") – like Timeless eternal Lord of all  
("akalpurakh"), that is why it is called his wisdom Form ("gyan saroop").

This servant ("sevak") of the holy congregation ("sangar") has heard ever new God's word-  
wisdom ("gurbani") several times, the first out of body experience was incredible (the micro  
Body ("suksham dehi") left the body for about 40 minutes), it was in complete consciousness, it  
was a journey to realm of Truth ("sachkhand") and it started with the God's divine word-wisdom  
("gurbani"), that seemed never heard before. Also heard singing praises of lord of all ("kirtan")  
like that in a similar incident at another time. We will take some other opportunity to share such  
and other divine experiences with the congregation ("sangar").

There are some other thoughts, which we will like to share with the congregation ("sangar"):

Always give first preference to the guru and holy congregation ("sangar") – ("guru te sangar nu  
mukh rakhna hai") -that is what ("gurmukh") means.

Don't hurt anybody's heart – ("kise da dil naa dukhao") – god is present in every one, by hurting



others we are hurting him, we need to love him, not hurt him –

(“MANDA KISE NAA BOLIE”) (Asa Di War),  
NOT TO SPEAK ANY KIND OF HARSH WORDS

Always speak sweet words –

(“MITH BOLRA JI HAR SAJJAN SWAMI MORA”).  
SWEET SPOKEN IS OMNIPOTENT MASTER AND LOVER OF MINE.

Basically you have to adopt the qualities of the Timeless eternal Lord of all (“akal purakh”), more the better, to become a truthful person.

Every body else is above you, even maggot in manure (“bista ka jant”) is better than you, because he is in complete divine command (“puran hukam”), you have to become his servant too, because there is god in him too, even your spouse and your sons and daughters are above you.

If you happen to go to India, then eat the food cooked by the person who does your cleaning of the toilet and house, the poorest person you know and from the so called lowest caste in your village. Invite him on your dining table and serve him with the food cooked by your own hands.

Always give to the poor people, making donations to the House of Guru (“Gurudwara”) will not be as rewarding as helping the poorest. Buy them clothes, food and other things necessary for their survival, help the sick poor people, buy them medicine, pay for their treatment.

There is no me, my and mine – (“mera, menoo, me”) – when you say so you are giving preference to your body and mind, you are leaving behind the soul in which his presence is contained – OMNIPRESENT HAS PUT HIS DIVINE LIGHT IN YOU THAT IS HOW YOU HAVE CAME TO THIS WORLD (“HAR TUDH ME JYOT RAKHI TAAN TU JAG ME AYE”) (“Anand Sahib”), (“GHAT GHAT PURAN BRAHAM PARGAS, BRAHAM ME JAN JAN ME PAAR BRAHAM”). EVERY BIT IS COMPLETE UNIVERSAL LIGHT OF GOD, CREATURE IN UNIVERSE & BEYOND UNIVERSE IS IN CREATURE This will help you in killing your ego (“haume”). Basically you have to surrender your body also to HIM, and this will help you in doing so, it works, and works great, just do it and enjoy the rewards.

Only pray and ask– Shall we not have any desire of asking anything except God’s Name Truth (“MANGNA CHIT NAA AWE – NAAM”) is the highest gift, others things are not important, they will come by themselves, if you have God’s ambrosial nectar name (“naam”) you have everything, by asking for ambrosial nectar name (“naam”) you are asking himself – (“HAR

SIMRAN ME AAP NIRANKARA”) OMNIPRESENT LOVER WHO DOES NOT HAVE ANY SHAPE, SIZE OR COLOR IS IN, REMEMBERING HIM. – And if you get him then what more do you want to have.

If God’s ambrosial nectar name (“naam”) resides in your heart then you are free from infinite loop of birth & Death (“jeevan mukt”) –

JISKE RIDHEY PAAR BRAHAM KA NIWAAS TIS KA NAAM SAT RAM DAAS  
(Sukhmani).

TRUE SERVANT OF TRUTH “RAAM” IS NAME FOR ONE WHOMS HEART IS BLOSSOMS WITH PERMANENT RESIDENCE OF GOD.

Only ambrosial nectar name (“naam”) is real jewel (“sukhmani”) (gives the mind (“man”) real comfort (sukh) )–

(“SUKHMANI SUKH AMRIT PRABH NAAM”).

This is the happiness that lasts forever – (“sada such”) –

MEDICINE TO ALL DISEASES IS AMBROSIAL NAME OF LORD TRUTH  
(“SARAB ROG KA AWKHUD NAAM”) (“Sukhman”i).

Don't desire for anything – (“trishna wadda rog lagga”) – desire is a serious sickness, it is maya that comes into play the moment you desire anything, maya is involved in fulfilling your desires, one of the five messengers of maya (“panj doot”) – your enemy, everything that belongs to you will come to you anyway – then why desire for anything . Like the Five thieves (“panj doot”) – (“aasha”) desire, (“trishna”) deeper desire, (“mansha”) expectation , are very dangerous mental sicknesses.

Don't indulge in criticism of anybody else – stay away from slandering (“nindyea”),gossiping (“chugli”), bakhili, these are very dangerous, the moment you criticize somebody, Timeless eternal truth Being (“akal purakh”) immediately takes a big chunk of your loving devotion wealth (“bhagti dhan”) and deposits in the devotion (“bhagti”) account of the person you are criticizing., so criticize only yourself –

WE ARE NOT GOOD ,AND NOBODY IS BAD -  
(“HUM NAHIN CHANGE BURA NAHIN KOE”) –

criticism of the saint being (“sant purush”) is even ore dangerous – read “ashtpadi” 13 of “sukhmani” –

NANAK, ONE WHO SLANDERS A SAINT KEEPS ON TAKING REINCARNATIONS-  
(“SANT KI NINDA NANKA BAHUR BAHUR AWTAR”) –  
SAINT’S SLANDERER GETS PUNISHMENT IN DIVINE COURT,

("SANT KE NINDAK KO DARGEH MILE SAJAYE"),

Saint's slanderer becomes ugly in form

("SANT KAA NINDAK BIGAR ROOP HOE JAYE") and so on.

Please accept this selfless service ("seva") from this servant of servants ("chakkar") of the guru and holy congregation ("sangar"). Please forgive this slave ("sevak") for any misrepresentations.

Slave of Slaves

"Dassan Das"

## **11. Kindness - A Divine Quality**

Utmost kindness is a deep divine quality. In fact, there is no limit of kindness. It cannot be measured. It is without boundaries. That is why it is called a deep divine quality.

Utmost kindness promotes true eternal love and is a divine quality of supreme lord who is beyond boundaries of universe ("Paar Brahm Parmesar") –

- Dana Dina,
- Supreme kind ("Param Dyaloo"),
- Kind full forgiver ("Dayal Bakshind"),
- Always forgiving ("Bakshanhar").

That is what makes Him without any enmity ("Nirvair"). That is what makes Him ("Mith Bolra") – always soft and sweet spoken. He never hurts anybody; our sorrows and troubles are due to our own deeds in the past lives. He always overlooks at our bad deeds and always forgives us for all our bad deeds and actions as well as habits and gives us a chance after chance to reform ourselves.

Utmost kindness is a mandatory deep divine quality of a saint, ("Sant"), a lover of God ("Bhagat"), a true disciple of God-Guru ("Gurmukh"), a Truth Guru ("Satgur") and a Knower of Universal Wisdom ("Brahm Gyani"). This is what makes such an entity ("Ik Drisht") – single vision. For such a soul all are equal. There is no discrimination, no hatred no duality in a person who is kind, as kind as Timeless Lord ("Akal Purakh") Himself.

Forgiveness is His nature, forgiveness is the religion (“Dharam”), kindness is the religion (“Dharam”), being without any enmity (“Nirvair”) is the religion (“Dharam”). All these things promote true love and compassion for others, which is unlimited like God (“Braham”) Himself.

Kindness and forgiveness go hand in hand and are very powerful as far as divinity and spirituality is concerned. They bring in us eternal peace. They take us closer to Almighty, and remove ego from within. They promote sacrifice and service of others, feeling the pain of others and work towards relieving the pain of others, thereby promoting true service of the humanity and so of Timeless being (“Akal Purakh”).

Therefore, we should all try to practice this divine quality in our daily life, only by doing so we will be able to reach a level where we will be able to realize the Almighty.

Slave of slaves  
 (“Dassan Dass”)

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Question From Beloved Lady (“Bibi Ji”) :

Is someone who is very soft and sweet spoken, but trying to hurt other people feelings more kind than someone who speaks what they feel without sugar coated words?

Lowly in lowest  
 (“neech di neech”)

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Reply:

Sugar coated words are no good and don’t do any good to anyone, the truth is the essence of the sweet and soft spoken words, there should not be any element of cheating, deceiving and lying in the words, if these elements are present then the words don’t meet the criteria according to the Almighty’s wisdom (“Gurmat”). The story (“Katha”) here is of the Timeless Being (“Akal Purakh”) and His Saints, the story (“Katha”) here is of becoming without any enmity (“Nirvair”), the story (“Katha”) here is of becoming Single vision (“Ek Drisht”) and no duality, and there is no place for cheating, deceiving and lying in this story (“Katha”) of untold (“Akath”), it is the story (“Katha”) of true love, unconditional love, loving devotional worship (“Prema Bhagtee”), the language of unconditional love is the language of Timeless eternal Love being (“Akal Purakh”), the language of devotion and sacrifice is the true language of communication, and that

is what we are trying to explain over here.

Slave of slaves

“Dassan Dass”

## **12. Make Your Life Truthful - Some Tips**

Here are some tips in brief for making our daily life truthful. Please try to practice these and you will see wonderful things start to happen in your life. You will start to feel internal Eternal Peace and Eternal Happiness inside you, your problems will start to diminish and you will start marching towards the path to Eternity.

1. Understand that the objective and purpose of your human life is to be one with Almighty, to merge in the Timeless eternal lover of all (“Akal Purakh”) and nothing less than that, don’t compromise.
2. Be enthusiastic, determined and sure to meet the Timeless being (“Akal Purakh”).
3. Full and complete trust, belief and faith in Timeless being (“Akal Purakh”), Guru and Almighty-Guru’s word-wisdom (“Gurbani”).
4. Completely surrender yourself to the Timeless being (“Akal Purakh”) and the Guru.
5. Listening to the word-wisdom of God (“Gurbani”) on a daily basis and whatever little bit you understand try to put it in to your daily practice.
6. Do “Ik Oankaar Satnaam” recitation (“Simran”) every day, preferably in early in the morning, as early as you can, starting your day with remembrance of ambrosial nectar God’s eternal name (“Naam Simran”) is the ideal thing to do. The advantages of doing so are tremendous, such as: your life will become full of achievements, prosperity, honesty and integrity and above all you will keep on going closer and closer to the God and Divinity will start to come inside you. You will start to gather all good qualities of head and heart and character inside you.
7. Watch your words and deeds during the daily routine of your life, concentrate on maintaining a truthful and clean day. Remember to be truthful at all times, speaking and delivering the truth will elevate your soul closer to the God, and lying will take you in the opposite direction. A completely truthful life will help you a great deal in meeting the Timeless Being (“Akal Purakh”).

8. Always try to help the needy and the poor. Sacrifice and service to others are the divine qualities, the more you practice them in your daily life the more you will gain in all spheres of life. Charity is a divine quality and you must practice charity in your daily life.
9. Whenever and wherever you get in to trouble start doing the recitation of God's ambrosial nectar name ("Naam Simran") inside you and you will be taken out of the trouble by God very quickly.
10. Always ask and pray for forgiveness to the Almighty for your misdeeds. The prayers that come from the inside are heard by the Almighty right away and the results of such prayers are unbelievable, it will bring eternal peace and happiness inside you right away.
11. Don't hurt anybody's heart. Try to relieve the pain of others, feel the pain of others and that will make your heart a very kind heart, remember God is very kind, and you have to become as kind as God, kindness is a very important divine quality and divine power.
12. Never slander anybody, remember when we slander others we don't hurt them but we hurt ourselves, by slandering someone else we wash his sins and loose our divinity. Remember slandering is a serious mental sickness.
13. Always stay calm and quiet, never loose your temper, keep patience and forgive those who cause trouble for you and be a source of making you angry. Remember you gain divinity by doing so and the source that makes you angry looses his divinity. Forgiveness is a divine quality and will elevate your spirituality tremendously. Remember anger is a serious mental sickness.
14. Always stay humble and don't let the ego come near you and take you over, utmost humbleness is a divine quality and will bring you very close to the Almighty. Remember ego is a serious mental sickness. Utmost humility is the key to the divine court of Timeless Being ("Dargah of Akal Purakh").
15. Don't let greed of any kind take you over. This is another serious mental sickness, which forces you to move on a path of destructing your soul and mind. Be contented with whatever you have and whatever you can make with truthful ways and means. Don't let your desires take over and turn you to fall in trap of the greed.
16. Always respect others as your sisters, mothers and daughters (except your own spouse) and as brothers, sons and fathers. This will keep you away from the serious mental sickness of lust – ("Kaam"). Always treat everyone as a part of the holy congregation ("Sangat") and you will not fall in trap of this mental sickness of lust.

17. Always remember that God is the only Doer and everything that happens is under His will. Always praise God for whatever happens around you and whatever is done through you. Remember the life inside you is a very precious one, probably a priceless entity, and is due to the God's divine light ("Jyot") inside you, so the God is residing inside you and self realization is the realization of the God. You are a part of the God and when you become a completely truthful person, and realize that the only truth is the God and nothing else, everything else is perishable then you will meet the God.

18. Respect and treat all your family and friends as a congregation ("Sangat"). Serve them like you are serving the congregation ("Sangat"). Give everyone the same level of love and respect. Remember your love for God is not complete if you don't love equally well all His creations. When your love becomes unconditional, it becomes for every one and so it becomes unlimited, at that point you will realize the God. Only those who love every creation of God and praise every creation of God reach Him.

19. Never hate anybody, never abuse anybody. Hatred will take you away from God. It is a serious mental sickness.

20. Always try to find your own faults and don't point fingers on others. Point the finger to yourself, this will lead to confession and reform of your inside, whereas pointing others will hurt you. We have to reform our own bad qualities, and we can help others only if we have brought that change in ourselves.

Slave of slaves  
("Dassan Dass")

Comment from 'Joy of Lover' ( "Pritam Anand ji")

Palm pressed flat lying prostration in feet ("Dandout") to all of you holy truth saint congregation ("sant sangat jio")

I agree with great lovable utmost humble Slave of slave of slaves ("Dassan Dass ji")

"Dosh na deejay avar jana jo mein kiya so mein payiaa"

We have to find fault within us not in other people.

If we are not fighting with 5 thieves of life force ("dhoots") within us and we are pointing fingers at others, then that is not saint ("sant") path.

When we hate someone or say something to someone, that hate will imbalance our mind and sow hate in our mind. That will make so many copies on our brain cells. Just to wash those words from our brain cells we have to do remembrance loving recitation of Almighty's name ("simran") day and night.

These are really great points from Lover of all Great great utmost humble Slave of slaves ("Dassan Dass jee")

You are great great  
Great great is your selfless service  
("App jee dhan dhan ho  
dhan dhan sewa app jee di")

Joy of lover ("Pritam Anand")

### **13. Sat Santokh - Contentment With Truth**

Contentment is a very important divine quality, it is a deep divine priceless jewel, which is acquired from the Mansarovar (Universal Mind Ocean) by those souls who move on the path to the Sach Khand.

In the Gurbani it has been defined in the Shabad (divine words) "Sat Santokh".

"Sat" : signifies and defines the Paar Braham's Nirgun Saroop (Supreme God as Spirit)  
"Santokh" : contentment.

In the true sense where there is "Sat" there is "Santokh". In other words, "Santokh" represents

- the presence of "Sat",
- the presence of the Eternal Truth,



- the presence of the Amrit.

“Sat” is the Amrit, because it never dies, it is the Nirgun Saroop of Paar Braham that never dies. Everything else is perishable and can be measured and has an end to it, only Braham is infinite.

Wherever there is “Santokh” there is “Sat”. Meaning wherever there is contentment the Almighty is present in that Hirda. Such a soul is enlightened with Param Jyot where there is contentment. When all the desires vanish the state of full contentment is reached, the state of “Sat Santokh” is acquired.

Desires are a reason for our sorrows and pains. Getting desires fulfilled gives momentary happiness, unfulfilled desires bring disappointment. A continuous disappointment leads to depression and to mental and physical sicknesses.

Desires lead to mental and physical distortion and sicknesses. Whereas contentment bring in peace and control of mind. It brings us closer to the Almighty, because where there is complete peace there is the Akal Purakh.

Therefore, we should try to stay contented with whatever we have or try to live within our means :

- When we concentrate on Gurbani and do Naam Simran then we are bound to see prosperity in our life.

- When we give Dasvandh of our time and earnings to the Guru then we are bound to become prosperous.

- When we completely surrender ourselves to the Gur and Guru then we are bound to see the divinity and prosperity.

So please concentrate on Naam Simran and your desires will be diminished and slowly and slowly you will reach a stage of full contentment.

Dassan Dass

## **14. Follow The Hukam**

QUESTION PART 1: dearest greatest lovable always love filled eternal blissful slave of slaves (“Dassan Das Ji”), I would like your wisdom on the following excerpt from God-Guru’s word-wisdom (“gurbani”).

“WHATEVER HAPPENS IN THIS WORLD  
IS ONLY BY THE ORDER OF OUR LORD AND MASTER. ||2||”

ANSWER : None of the wisdom belongs to this lowly dog (“kookar”) of the Almighty (“Gur”), Guru and Holy congregation of God-Guru (“Gursangat”), all the wisdom belong to almighty Supreme Guru (“Gur”) and Guru, the divine wisdom is nobody’s property. It is only the property of Utmost Kind, Lovable, Master of all who is beyond universal limits limitless Supreme Lord of all (“Dhan Dhan Paar Brahm Parmesar”). This deceiving worm of manure (“loonharami kiram jant”) is just a little insect and is trying to disseminate among the holy congregation of Supreme Guru (“Gur Sangat”) of whatever Almighty is telling us to do, everything that happens is under the will of God, we will try to answer your questions in the following text, please feel free to communicate:

EVERYTHING IS INSIDE CONTEXT OF DIVINE WILL,

NANAK! (MOST LOVABLE ONE) THOSE WHO UNDERSTAND THE DIVINE WILL ARE NOT CAUGHT BY EGO.

(“HUKME ANDER SABH KOI BAHAR HUKAM NAA KOYE,  
NANAK HUKME JEY BHUJE TAA HAUME KAHE NAA KOYE”)

The Divine wisdom (“Gyan”) hidden in this love full stanza (“shalok”) is to tell us that it is not us that prevail, and by us we mean our body and mind, because mind is also a creation of the Five divine elements (“Panj Tat”), it is a part of the body – THIS MIND HAS TAKEN BIRTH FROM FIVE ELEMENTS OF DIVINE SUPERPOWER (“EH MUN PANJ TAT TE JANMAA”), it is the God that prevails, it is not me, my and mine that prevails, it is the truth that prevails, and the biggest and the most pious and pure truth is Timeless eternal Love utmost lovable undying Lord of all (“Akal Purakh”) and everything else is perishable so He prevails,

His Truth Name (“ Naam”) – Truth “Satnaam” prevails.

If we recognize that nothing is under our control, here again our means our mind & body, and everything that happens is under His control, then we will delete the false wisdom which our mind commands (“Munmat”) from our inner self, and that will be the death of our ego (“haume”), and that is what we need to do to achieve salvation. If the birth and death of a person is under His Divine super lovable kindest will (“Hukam”) –

GETTING BIRTH & DEATH IS DIVINE WILL AND HAPPENS ACCORDINGLY,

(“JAMNA MARNA HUKAM HAI BHANE AAWA JAYE”),

That means the air we are breathing in and out of ourselves, or our breathing is under His control, than what else remains. The birth starts with breathing and death comes when the breathing stops. The human life is due to the divine love filled supreme light of God (“ Jyot”) inside us:

YOU HAVE COME TO THIS WORLD DUE TO LIGHT PLACED INSIDE YOU BY GOD.

(“HAR TUDH MEH JYOT RAKHEE TAA TU JUG MEH AAYEAA”),

And the moment this divine light (“Jyot”) is withdrawn by the Almighty (“ Braham”) the death of the body comes, and the divine light (“Jyot”) is transferred to another body and this is how the cycle of life and death continues. The life part of our body is therefore, the divine light (“Jyot”), and it is this divine light (“Jyot”) that keeps our body functioning and as soon as the divine light (“Jyot”) is withdrawn the death disintegrates the body back in to five elements it was built from, and each element goes back to it in the universe.

This love filled stanza (“shalok”) provides us with a very deep divine knowledge –Complete supreme universal wisdom (“ Puran Braham Gyan”), if we recognize this love stanza (“ shlok”) in its completeness, and bring that in to our daily lives, then that itself will give us freedom of life –salvation (“Jivan Mukti”) –

SUPREME LEVEL IS ACHIEVED BY UNDERSTANDING AND FOLLOWING THE  
DIVINE WILL.

(“HUKAM BHOOJ PARAM PAD PAYEE”).

The other stanza (“shalok”) also means and confirms that everything is in His divine supreme blissful will (“Hukam”), whatever bad or good we do is under His divine will (“Hukam”), He is present in everyone of us and is causing us to do all kinds of deeds all the times. Keeping silent or speaking is also under His divine will (“Hukam”). All good or bad things we do in our daily lives are under His divine will (“Hukam”) only.

NOR SPEAKING FORCEFULLY NEITHER CAN REMAIN SILENT

(“AKHAN JOR CHUPPAI NAA JORE”)

NOR ASKING FORCEFULLY NEITHER GIVING

(“JORE NAA MANGAN DEN NAA JORE”)

NOR LIVING FORCEFULLY NEITHER DEATH

(“JORE NAA JIVAN MARAN NAA JORE”)

JORE NAA RAAJ MAAL MUN SORE

Whether we speak or remain silent is under His will, giving and receiving is also under His will, life and death is also His will, all material things we get for our living is also under His control. This is to reinforce the basic divine law of blissful divine will (“Hukam”) as described earlier.

We have discussed it earlier in one of our articles and we will repeat the same again for the holy congregation of love filled lover of all Truth (“Sangat”), to understand these divine laws better to help us kill our ego (“haume”):

1. Our body is operated by five senses, all our actions and reactions take a final shape through our body parts, and these actions and reactions are created as a feed back from five senses – (“Panj Gyan Indrey”)
2. The Five Senses are directed by our mind, if the mind operates under the control of Five Thieves (“Panj Doots”), which is true for a common person, then the action and reaction that five senses direct to the body and whatever body does as a result of that will result in an untrue deed – (“Asat Karam”), and so whatever you sow you will have to reap – (“JEHA BEEJEY SO LUNEY”)

3. The mind is directed by the wisdom we have, the wisdom tells us what we should do and what not, and mind it, this is our own wisdom, which is a selfish sluggish mind wisdom having ego as center (“Munmat”) for a common person, because he is operating under the influence of Five thieves (“Panj Doots”). Mostly we will argue within ourselves, based on our own knowledge earned by way of our education by various means. As a result of our own wisdom we are not completely knowledgeable to differentiate in Truthful (“Sat”) and Untruthful deeds (“Asat karams”), this way some of our deeds become True deeds (“Sat Karams”) and yet some other actions (“Karams”) become untrue deeds (“Asat Karams”) – and we are rewarded for our Truthful deeds (“Sat Karams”) but we have to pay later for our untruthful Deeds (“Asat Karams”) – again As you sow so you reap (“JEHA BEEJEY SO LUNEY”).

4. There is a divine light (“Jyot”) sitting our inside which is Almighty's (“Ans”) – portion of divinity – You have come to this world by virtue of Divine light placed inside you By God (“HAR TUDH MEIN JYOT RAKHEE TAAN TU JAG MEIN AYE”). Due to darkness shield created by Five thieves (“Panj Doots”) between this divine light with in us and our (“Gyan Inderey”) – five senses, the five senses can't operate under this divine light, so they operate under our own wisdom, resulting again in Truthful (“Sat”) and Untruthful Deeds (“Asat Karams”). But at the same time if our five senses operate all the time under this divine light then all our deeds will be Truthful Deeds (“Sat Karams”), and we will not be left to pay for our Untruthful Deeds (“Asat Karams”) in our remaining or next life. This way we will be able to pay off all our debts of untruthful deeds (“Asat karams”) slowly and slowly and our written record for the deeds to be done (“Karam Kaand Ka Lekha Jokha”) will be completed. And once you reach this stage then that is the end of our life and death cycle.

Now the question remains how does the five senses come under direct control of the divine light. For achieving this the self wisdom and mind will have to be eliminated from the chain of command we just discussed –

**KNOWER OF UNIVERSAL WISDOM LEAVES BEHIND EGO CENTRIC WISDOM**

(“BRAHAM GYANI AHAM BUDH TYAGAT”<sup>0</sup>).

Again everything is under divine will (“Hukam”) and that is why it is a God-Guru's eternal gifted priceless (“Gurparsadi”) Game – without the infinite kindness and grace of only infinity Timeless eternal lord of all (“Kirpa of Akal Purakh”) it can't be achieved, but if we keep on trying to do Truthful deeds (“Sat Karams”) then one day He will definitely bless us with His Grace of love (“Kirpa”) and get us involved in the God-Guru's eternal gifted (“Gurparsadi”) Game by some means. God-Guru's eternal gifted priceless love filled will (“Gurparsadi Hukam”) is the Highest Level of Divine truth Court's willful command of love (“Dargahi Hukam”) and THIS IS Command of Ambrosial nectar divine name (“NAAM HUKAM”) and is received by and blessed upon a very few people, and it is a result of all our Truthful deeds (“Sat

Karams”) or deeds of kindness (“Punn Karams”), and remember here the biggest and highest level of a Truthful deed (“ Sat Karam”) and extreme deed of kindness (“Punn Karam”) is –

LOVING REMEMBRANCE OF LOVE FILLED LORD OF ALL IS HIGHEST IN ALL.

(“PRABH KA SIMRAN SABH TE UNCHA”).

Only God-Guru’s graceful gifted Ambrosial nectar God’s Love Name (“Gurparsadi Naam”)

And our complete and full honoring of this Divinely lovingly ordered command (“Dargahi Hukam”) will get us out of this mess we are in – cycle of life and death. If we follow this Love filled God’s True Command of Love (“Dargahi Hukam”) with complete and full commitment and belief then we can be successful in eliminating our mind and own wisdom and become slave of slaves under the direct control of Supreme enlightened light of all ( “Param Jyot”), and become free from life cycle/have salvation (“Jivan Mukh”). Such people become a Saint (“Sant”), a complete knower of all universal wisdom (“Braham Gyani”), a Pure love being (“Khalsa”) and all their deeds are true, they always serve the truth, and that is the highest service of Love-filled eternal Timeless lord of all (“Akal Purakh”). Let us make a sincere effort to move on this Path that leads to the Truth and become a completely truthful person – a (“Khalsa”).

QUESTION PART 2: Please explain the following excerpt from Almighty-Guru’s word wisdom (“gurbani”).

“HE THINKS THAT GOOD AND BAD DEEDS COME FROM HIMSELF;

THIS IS THE SOURCE OF ALL EVIL.||3||”

ANSWER: This part of your question has also been addressed in the above text in fair detail, but we will add a few more words to be more explicit.

All our actions, reactions, thoughts, deeds that we conduct on a daily basis, that we conduct on every moment of our life are executed under the influence of the three qualities of Maya:

- “Tamo” – Sexual Lust (“Kaam”), Anger (“Krodh”), Greed (“ Lobh”), Selfish attachment (“ Moh”), Ego (“ Ahankaar”), Slander (“ Nindya”) , Gossiping (“ Chugli”), Bakhili , power (“Raj”) ,youth (“Joban”) , monetary wealth (“Dhan”), Goods for comfort (“ Maal”) beauty (“ roop”) pleasure (“ Rus”) smell (“Gandh”) feel (“Sparash”);
- “Rajo”: all desires – expectations, desires, deeper desires (“ Asa Trishna Mansha”);
- “Sato”: Religion/righteous conduct (“Dharam”), Kindness (“Daya”), Contentment (“Santokh”),Patience (“ Sanjam”) Philanthropy (“Daan”);

The deeds conducted under the influence of “Rajo” and “Tamo” qualities of Maya will to a large extent, you can say for all practical purposes can be defined as “Asat Karams” - the untrue deeds. These untrue deeds will determine what you are sowing at the present time. And whatever you sow at the present time you will have to reap in the future. This future can be this life’s future or in the coming lives future as well. Meaning that whatever you have sowed in the previous lives you are reaping now, the deeds accumulated under the third quality of Maya – “Sato”, means are the true deeds, but if done without the selfish ego (“haumai”), if the ego (“haumai”) comes in if the ego takes over the deed becomes untrue, so when we accumulate such true deeds under the “Sato” quality of Maya we are sowing good and so we will reap good in the future, and once we continue sowing more good deeds than bad deeds, we continue to accumulate good deeds and then a time comes when we get Eternal Blessings due to our good deeds and at that level we get picked up by the Almighty to do only good deeds, this is called God-Guru supremely graceful blessed blessed priceless gift of love (“Gur Parsaad”), and then our efforts are directed towards more and more concentration on doing loving selfless devotion towards Almighty “Satnaam” (“Bandgi”), we get blessed with God-Guru’s Love filled gift of eternal fragrance love Name of Almighty “Satnaam” (“Gur Parsaadi Naam”) and that is when our real devotion for love filled God (“Bandgi”) starts, when our soul is instituted in Realm of Grace (“Karam Khand”).

Please take some time to read this stuff, you may not understand it in one reading but repeated readings will make this divine wisdom go inside you.

Thanks to the Supreme Guru God (“Gur”) and Guru for your kind message, for providing us an opportunity to be of some help to the Almighty-Guru’s Holy Congregation of love filled souls (“Gur Sangat”) like you.

Slave Of slaves

(“Dassan Dass”)

## **15. Divine Importance Of Our Deeds**

TRUE AND UNTRUE DEEDS – OUR DEEDS (“KARNI”)

**Forget the past, don’t worry about future and seize the current moment.**

The happenings, deeds and actions of our earlier life and previous lives are responsible for the situation we are in right now. All that is happening currently in our lives is a result of what we have done in our earlier life and all the previous lives. Whatever we have sowed previously we

are reaping currently, and whatever actions and deeds we do now, we will be rewarded accordingly in the future. If we are engaged in the negative actions and deeds (Asat Karams) currently then obviously our future will be painful and full of sufferings, and if we are engaged in good deeds, true deeds (Sat Karams) in the present time then we will be rewarded accordingly in our future.

This is the reason why we are different from others in our personality, education, health, financials, family relations, business and every situation we face on a daily basis in our present time. This is the reason that every one of us has a unique situation. It is an Eternal Truth that we are ourselves responsible for the situation we are in at the present time. We are the builders of our own destiny, we are the builders of our own future, the Creator is sitting right inside us warning us every moment to do only true deeds and make our destiny and future peaceful, joyful and prosperous.

The irony is that we don't care about the right conscious while engaging ourselves in the untrue deeds, and the untrue deeds are performed under the influence of untrue mind and untrue wisdom. But, if we do pay a little bit of attention and ask our inside Creator before doing anything then we are sure to get a good answer. Then follow that answer and all our deeds will turn out to be true and not harmful in anyway. Even if by chance we hit a wrong button then we should just ask for His forgiveness. And in order to stay absolutely clean and clear from all sins why not ask for His forgiveness on a regular basis anyway? If we apologize from inside with a true heart then He will forgive us for sure.

Imagine when all your deeds start to be true and continue to be so, then your future will be so peaceful, full of true deeds, full of truth, prosperous, full of joy and eternal happiness. And then you will reach a stage where you will be blessed with "Gur Parsaad" God's Grace and the door to Total selfless devotion ("Bandgi"), selfless service ("Seva") and salvation will open for you.

So please seize the current moment, watch your present and conduct yourself in a truthful manner and perform only true deeds, a true deed is the one which will not hurt anyone, is within your means, and is performed with utmost truth, honesty and commitment keeping the fear of God inside you.

Do it as if you are in obedience of the Divine Will, do it with a feeling of sacrifice, do it in such a way that it will be fruitful for all affected, do it with sincerity and honesty keeping fear of God inside you, do it as a duty of yours without expecting any rewards, the rewards will be obvious.

The untrue deeds will be the one that will hurt others, will be based on cheating, lying, deceiving, corruption, unfair means, abuse, misconduct, hatred, selfishness and extortion etc. Your deeds ("karni") are your future builders. Your deeds will decide your destiny. Your deeds will make you happy or bring sorrows in your life. Your deeds will bring prosperity or poverty in your life. Your deeds will bring smoothness or roughness in your life. And finally, your deeds will decide your fortune or misfortune.



So in a nutshell the word of divine wisdom is:

Forget the past, don't worry about future and seize the current moment.

If your current moment is a true deed, it will wash all your sins away and your future will be full of prosperity, happiness and above all Eternal Peace. Remembrance and loving recitation of God's Love name ("Naam Simran") and service ("Seva") will bring all your deeds under the influence of Eternal Truth and will make all your deeds truthful. Remember this will bring in you tremendous spirituality and divinity.

Slave of Slaves

## **16. Believe in God-Guru's eternal divine love-filled truth wisdom (Gurmat)**

The eternal divine blessed word ("Shabad") "Gurmat" is a divine word of grace ("Shabad") and is very frequently misinterpreted and misused in our day today life by the masses all over the globe. Please try to understand that every word that is respectfully called as a "Shabad" is a Guru in itself, because every "Shabad" from God-Guru's eternal divine blessed word-wisdom ("Gurbani") is a Divine Word and has an element of TRUTH "SAT" in it, which means the every "Shabad" has an Eternal Truth associated with it, in fact every "Shabad" or a group of Divine words ("Shabads") is an Eternal Truth in itself, and that is what makes the "Shabad" a Guru and the Gurbani which comprises of a large number of such "Shabads" is called Guru and Formless ("Nirankaar"), the element of Eternal Truth in every "Shabad" makes it Guru Form ("Saroop") and Formless Form ("Nirankaar Saroop"). Every "Shabad" enlightens us from inside with the Divine Wisdom hidden in it, it gives us the purpose of our life, it shows us the path of the Eternal Truth, it helps us in understanding the Beyond universal limits Supreme Lord of all ("Paar Braham Parmesar"), Saint ("Sant"), Lover of God ("Bhagat"), Simplified being ("Sadh"), Truth Guru's true devotee ("Gurmukh"), Knower of Universal Love wisdom ("Braham Gyani") and it explains how we can make our life truthful and how can we reach and merge with Almighty, every "Shabad" is a jewel of Divine Wisdom which if practiced in our daily life will takes us closer to its Creator. The divine word ("Shabad") God's-wisdom ("Gurmat") consists of two divine words ("Shabads") "Gur" and "Mat", the divine meaning of the "Gur" is the Beyond transcendental limits Lord of all ("Paar Braham") Himself, the Timeless Lord of all ("Akal Purakh") Himself and the divine meaning of the "Mat" is the wisdom, the divine knowledge, the divine wealth of knowledge, the priceless jewels of the divine wisdom – "Braham Gyan", the divine wisdom of the Almighty, the divine wisdom which tells us and lays down the path to the Divine court of Timeless eternal love-filled being ("Dargah of Akal Purakh"), which tells us how can we merge in Beyond universal limits Supreme lord of all ("Paar Braham Parmesar"), how can we make our life completely truthful, how can we clean our inside and relieve us from the shackles of Maya, how can we get salvation and be relieved of the biggest sorrow of the cycle of life and death, the entire God-guru's divine word-wisdom ("Gurbani") is the Supreme Guru's God's love-filled blessed blessed supreme graceful wisdom ("Gurmat"), it has come from the

Creator and is a complete, pure and pious Eternal Truth, and by bringing these priceless jewels of divine wisdom in to our daily life we can meet our spiritual and divine dreams.

### **SELF CENTRIC OWN MIND'S WISDOM OF FALSEHOOD ("MUNNMAT")**

The "Shabad" "Munnmat" is also a divine word and comes from Almighty-Guru's Etrnal always blissful and heart-mind opening truth divine word-wisdom ("Gurbani") only, the deep divine meaning of this Divine ambrosial word ("Shabad") is also should be understood the same way as the "Shabad" "Gurmat" ( means Guru eternal supreme purified Truth Wisdom of love & Sacrifice), it comprises of two "Shabads": "Munn" – which is the mind our own mind our own self, and the Word ("Shabad") "Mat" is the knowledge, therefore, the meaning of the "Shabad" "Munnmat" is the self wisdom and not the divine wisdom, the wisdom based on our own knowledge and nothing else, the mind is operated by the self wisdom, and this self wisdom in a normal case comes under the net of Maya, whatever we do and perform under the normal and abnormal circumstances as human beings is governed by the three qualities of Maya: "Rajo" (Desires), "Tamo" ---Lust ,Anger,Greed, attachment, ego, slander,gossiping ,e.t.c("Kaam Krodh Lobh Moh Ahankaar Nindya Chgli Bakhili etc") and "Sato" philanthropy, kindness, righteous conduct/religion,patience,tolerance,contentment ("Daan Daya Dharam Sanjam Santokh" )and such religious acts, so any thoughts, actions and deeds that are performed by our five senses are done so under the influence of the three qualities of Maya, and so our own wisdom is controlled by the Maya. The practice of self centric mind's own generated false wisdom ("Munmat") takes us away from the Almighty and deeper and deeper in to the scum of Maya, whereas practicing the Divine Wisdom takes us to a level where we can break through these shackles of Maya and reach the ultimate. The entity, who reaches that state becomes a Saint ("Sant"), a Knower of universal pure a& Love wisdom ("Braham Gyani").

Nothing less than Almighty-Guru's love word-wisdom ("Gurbani") should be labeled as God-Guru's divine wisdom "Gurmat". Only Supreme Guru\_God's word-wisdom "Gurbani" is the Wisdom of God-Guru ("Gurmat") everything else should be regarded as a Self centric egoist wisdom of mind ("Munmat") or "Sansarik Mat" -worldly wisdom, the rituals, rules and regulations made by man made bodies and organizations; or "Durmat" -bad wisdom which takes us away from the Almighty, such as all the "Tamo" and "Rajo" qualities are categorized as worldly wisdom based on current practice by large masses "Durmat".

**Supreme Guru Lord of all almighty God's word-wisdom ("Gurbani") is the real wisdom of almighty God-Guru ("Gurmat"), it is the real Divine virtuous code of conduct ("Rehat Maryada"), anything less than that is not Almighty Truth Guru's wisdom ("Gurmat").**

Slave of slaves  
("Dassan Dass")

## 17. Truly Believe in God and Guru

First of all we need faith in God, to really believe God exists and shows us the right path. Do Heart feel prayer (“ardas”) every day to meet the saint-Truth Guru (“satguru”) and God will show you the right way for you.

Do you have faith in King of kings Guru “Nanak Dev Ji”, that he was Complete Truth Guru (“pooran satguru”)? What about Tenth King of kings Guru (“Gobind Singh Ji”)? We all are so confident that we know these were Supreme Complete pious Pure (“pooran”) and complete Truth Gurus (“Satgurus”) with the benefit of hindsight. But what about the poor disciple of Guru (“Sikhs”) at the guru's times, they did not have the benefit of history like we do. So what gave them faith? 99% i would say didn't have faith even in Great great love being Guru “Nanak Dev Ji”? Just look at when Guru Sahib did the final tests at the end of his life. He dressed up as a madman and started shouting and throwing money about as he walked out of “Kartarpur” - the town he created, full of people who had come from near and far after hearing about Belovd Love filled Guru “ji”.

So who really believed in guru sahib then? Most of the so called disciple of Great great Guru King of Kings (“Sikhs”) thought guru sahib was mad and lost their faith, the ones that followed took the copper, silver and gold coins and left the guru, and only Dearest Love brother “bhai lehna ji” could see the smoke and mirrors and was prepared to eat the corpse. So only 1 True devotee of Truth-Guru (“sikh”) had real faith, all the others lost theirs.

And who believed in King of Kings Love embodiment Guru “HarGobind Ji”? Great Brother of all “Bhai Gurdas Ji” writes that Sikhs started criticizing him, saying he hunts with dogs, he carries weapons, lives like a king, talks about war, whereas previous Gurus talked about peace, had no weapons and sung loving praises of Love-Lord “Satnaam” (“kirtan”). But Great Brother of all ‘Bhai Gurdas ji’ kept his faith and wrote that so the faithless ones could see. And what happened to the faith of the Pure Being (“Khalsa”) in the siege of town-‘anandpur’? Even out of Guru “Gobind Singh Ji's” most loyal followers, 40 deserted him in his hour of need and later repented with their blood.

So faith is not an easy thing to have, and even if you think you have it, until you are tested, until your guru starts giving you some slaps and you still are strong in your faith until then no one can say they have any faith at all.

Instead of living your life doubting all the saints and criticizing them, Guru's Truth word-wisdom “gurbani” says have faith in everyone. See your Truth-Guru (“satguru”) in every heart. Treat everyone as you would treat Great Beloved Love embodiment “Guru Nanak Dev Ji” if he was standing before you. Faith doesn't replace doubts by magic. You have to make effort to

trust God and Guru and start serving God and Guru in everyone. Then God and Guru reveal themselves to you in the true saints.

As Jesus said, “How you have treated the least of men is how you have treated me.”

And as Yogi “Bhajan” said, “If you cant see God in all, you cant see God at all.”

Dust of your feet

## **18. The One Name is The Divine Command**

### **THE ONE NAME IS THE LORD'S COMMAND (“EKO NAAM HUKAM HAI”)**

How is the Society of the Saints to be known?

There, the Name of the One Lord is chanted.

The One Name is the Lord's Command;

O Nanak, the True Guru has given me this understanding. ||5||  
(SGGS 71)

The Eternal Divine Love filled word of wisdom (“Shabad”) “Hukam” ( means :divine command ) is written in the Almighty-Guru’s divine always pure and lovable word-wisdom (“Gurbani”) in a number of love filled divinely written stanzas (“Shaloks”) and is very commonly used in the religious circles.

In a layman’s language it is normally understood as a will of the God but this Divine word (“Shabad”) God’s will ( “Hukam”) has a very deep divine meaning hidden in it. Its importance is not less than the Almighty Himself. In fact the Divine word of wisdom (“Shabad”) God’s command ( “Hukam”) is as infinite as Timeless eternal Lord (“Akal Purakh”) Himself, there is no dimension, limit, depth or boundary of the Divine word of wisdom (“Shabad”) (“Hukam”). It is a complete Primal Eternal Truth in itself like Truth Supreme Love-lord who is beyond limits of universe (“Paar Braham Parmesar”). It is in no way different than Timeless eternal Lord of all (“Akal Purakh”) Himself.

The existence of Divine will (“Hukam”) means existence of God and vice versa. Though it is the Untold story of love and sacrifice of beyond universal limits, love of all Supreme Lord of all (“Akath Katha of Paar Braham Parmesar”) and can’t be described in words. It also can’t be understood in words; it can only be experienced and felt inside our heart center which is embodiment of love (“Hirda”), soul and mind with the advancements in spirituality and divinity. But we will try to get at a glimpse of the depth of this very powerful, probably one of the most powerful divinely blessed utmost graceful word (“Shabad”) Guru Divine will (“Hukam”).

Please make a note that every divine word (“Shabad”) of Almighty-Guru’s word-wisdom (“Gurbani”) is a Guru in itself. Such as the divine word (“Shabad”) almighty word-wisdom (“Gurbani”) is a Guru in itself because it is the word of the Timeless eternal Lord of all (“Akal Purakh”) (“Gur” means Eternal Love, Timeless lord of all (“Akal Purakh”) and Bani means words). There is an element of Primal Truth in it and this essence of the Primal Eternal Truth in every divine word (“Shabad”) plays the role of a Guru. Every divine word (“Shabad”) gives us the divine knowledge which removes the darkness from our inside and provides us with the divine light through divine wisdom. When practiced in our daily life cleans us from the inside and brings us closer to the Almighty. Please take it for granted that every Word (“Shabad”) of Almighty-Guru’s word-wisdom (“Gurbani”) is a complete and full Primal Eternal Truth. Its practice with love, full belief, commitment, faith and trust will make you one with Almighty.

The practice of this Eternal Primal Truth will merge you in to the Timeless eternal Love being “Satnaam” (“Akal Purakh”).

The practice of the Guru’s divine blessed word-wisdom (“Gurbani”) will bring your mind under the Complete Divine will of Only Divinity God-Guru Timeless eternal Love being (“Puran Hukam of Akal Purakh”).

The practice of Divinely blessed Love word-wisdom of God-Guru (“Gurbani”) will cure your soul and mind of all the mental sicknesses – Five thieves (“Panj Doots”) and desires.

The practice of Divinity Word-Guru (“Shabad”) in your life will win over your mind, the mind will become Light-Form of love (“Jyot Saroop”). Your own wisdom will be eliminated. Your own mind will be eliminated. Only divine wisdom (“Gurmat”) will prevail. All your five senses will become under direct control of the Complete divine will (“Puran Hukam”), Supreme Blissful Light (“Param Jyot”), Complete enlightened (“Puran Parkash”), without-attribute form of beyond universal limits Supreme lord of all (“Nirgun Saroop of Paar Braham Parmesar”) and your heart center (“Hirda”) will become a saint heart center (“Sant Hirda”). Your every cell of physical body (“Rom Rom”) will be enlightened and will vibrate with remembrance of Lord’s Love Name (“Naam Simran”). All your closed-invisible divine doors (“Bajjar Kapats”) including the tenth door of wondrous Lord (“Dassam Duvar”) and seven seas of spiritual energy (“Sat Sarovar”) will be illuminated with eternal divine light of love (“Ilahi Jyot”). You will enjoy the unlimited divine struck of love praises of lord (“Anhad Naad Akhand Kirtan”) inside your tenth door of spiritual real selfless being (“Dassam Duvar”). Your entire astral body your soul will be filled with ambrosial nectar, name of Lord of Love (“Amrit”). You will become a completely truthful soul, will see, speak, deliver and serve the Primal Eternal Truth only. You will become free from life & Death (“Jivan Mukh”) and will meet the objective of your life.

Please keep in mind your spiritual progress depends upon your belief, commitment, faith and trust on the Almighty –Supreme Guru (“Gur”), Guru and God-guru’s eternal divine always lovingly True word-wisdom (“Gurbani”) and how much you practice (not mere reading) Guru’s word-wisdom (“Gurbani”) in your daily life, how much you honor, respect and obey the divine command of Love “Hukam”, basically every word laced with love-wisdom (“Shabad”) is a divine command (“Hukam”) of Timeless eternal lord-love being (“Akal Purakh”).

Like the existence of a king is due to his commanding powers, the existence of any worldly position is due to its inherited commanding powers, its authority. And whenever these commanding powers and authority are withdrawn there is an end of a kingdom or a worldly position. In the same way the existence of the Almighty is due to His Infinite Powers, and due to these infinite powers at His disposal He is called “Sarabh Kala Bharpoor” (“Sarabh” – all, “Kala” – the power, “Bharpoor” – full off).

His Supremacy is due to all His Infinite Powers, that is why He is called

- King Of All kings (“Sabh Rajan Key Raja”),
- True King (“Sacha Patshah”),
- Giver of all creation (“Sarbh Jiaan Kaa Data”),
- Palan Hara,
- Birth Giver (“Janam Data”),
- Patshahi Patshah,
- King of all seen and unseen worlds (“Lok Parlok Ka Raja”).

All His Infinite Powers constitute His Commanding Powers, which is described as Divine word (“Shabad”) “Hukam”-Divine Command in God-Guru Almighty’s word-wisdom (“Gurbani”).

All His powers are standing on the ONLY AND ONLY foundation of the Eternal Primal Truth Divine Word (“Shabad”) TRUTH “SAT”. In the Original Root Spell (“Mool Manter”): “Ik Oankaar Sat Naam”, (one God Named TRUTH) which signifies His Attribute-less Form (“Nirgun Saroop”), Supreme Light Full blown complete Luminance (“Param Jyot Puran Parkash”). And by virtue of His Infinite Commanding Powers, which is nothing but Divine Command full of Love and Truth (“Hukam”) His Kingdom never ends, His Kingdom is Primal & Eternal, His Kingdom has been there from the origin, from the beginning of the universe and is present now and will remain so for all ages to come, His Kingdom will remain intact for ever.

Before the creation happened Timeless eternal Love filled Truth Lord of All Lords (“Akal Purakh”) was sitting in Complete Silent deepest & deepest depth of meditative stage (“Sunn Smadhee”) for 36 ages (“Chattis - 36 Yug”), basically for an unknown period of time He was in this extremely indescribable wondrous silent deepest depth of meditative Stage (“Sunn Smadhee”), and first He created Himself and then He created His Ambrosial nectar of Love, Life and Sacrifice His Love-Name TRUTH (“Naam”). Then the other creations followed, so the First Divine Command of lovingly will (“Hukam”) was His own creation and the creation of His Ambrosial Nectar Name TRUTH (“Naam”), that is why the Ambrosial nectar Name TRUTH (“Naam”) is as powerful as He Himself, the Ambrosial Nectar Name TRUTH (“Naam”) has infinite powers, the Ambrosial Nectar TRUTH (“Naam”) is the Origin of all Creations, and that is why the TRUTH (“Naam”) is the Highest Divine Command Of Love (“Hukam”) – One Name is Divine Loving Command (“Eko naam hukamHai”).

The entire divinity and spirituality revolves around Ambrosial Nectar Name Truth (“Naam”):

Without Name no Place :

("Bin Naavey Nahin Ko Thaon"):

the entire creation is based on Ambrosial Nectar name ("Naam"). There is no place in the entire creation which is not standing on this foundation of Ambrosial Nectar Name ("Naam") the foundation of Eternal Truth "SAT" which is the ambrosial nectar Name of God ("Naam"). The entire Guru's Loved Blessed Graceful divine word-wisdom ("Gurbani") is the Holy-Truth Praise for eternal forever Truth Name of Lord of all Lords ("Mahima of Naam"). Every Word of Divine Guru's Truth Selfless word-wisdom ("Shabad of Gurbani") takes us down to the Origin The God's Love-Name ("Naam"). Name of God is Ambrosial Nectar which makes one out of this unending cycle of birth & Death ("Naam is the Amrit"), This Truth never dies, is eternal, ever present, nonperishable, eternal truth, primal truth, and with only Loving remembrance & unstoppable recitation of God's Name ("Naam Simran") we can reach the ultimate heights of spiritual world.

The entire universe operates under the infinite commanding powers of Timeless Lover of All ("Akal Purakh"), which is again called the Divine Will filled with bliss & Love ("Hukam") of Almighty Timeless Lord ("Akal Purakh"). Everything that happens with us and around us is the Complete divine will of God ("Hukam."). Everything we do is done under the Divine will ("Hukam."). His Divine command ("Hukam") governs our destiny. Like a kingdom has its own king and a constitution for running the government, the laws and policies to run the kingdom, the systems and organizations to run the government and administration, same way the King of the Seen & unseen Worlds ("Lok Parlok"), the Infinity, the Complete Supreme Lord of All Lords who is always and forever beyond the limits of this universe ("Paar Braham Parmesar") has established His own divine constitution and divine laws and divine policies to run His Kingdom of Entire seen & unseen worlds of this universe ,in every plane , in every dimension which one can reach at any level of spiritual and physical journey ("Lok Parlok"). And for all this the basis is His Divine Command of utmost Love which cannot ever be explained fully by any means ("Hukam"), the Eternal Truth, the Primal Truth. And our Guru King of Kings ,the love birds of Love-lord ("Sahibans") have very kindly presented this divine constitution and divine laws in the form of utmost Lovable divine and always true Guru's word-wisdom ("Gurbani") for us to follow.

The golden rule is to follow His Divine Constitution and His Divine Laws for us to remain stable, undistracted, clean from inside, calm and in complete silence, Light Form ("Jyot Saroop"), stay above all worldly sorrows and happiness, stay above all mental and physical ailments.

Following His constitutional laws, which are nothing, but the divine laws given in Guru's Truth Word-wisdom filled with contentment and love ("Gurbani"), the divine wisdom, the real Wisdom of Supreme Guru-God ("Gurmat") we can win over the Maya, we can win over the Five thieves of Truth Wisdom ("Panj Doots") and all desires, we can win over our mind and be one with Almighty.

The destiny becomes clean and directed towards the Almighty when we start to follow these divine laws and divine wisdom, the wisdom of the Supreme Guru-God ("Gur") and Guru, all our deeds are turned on the path of truth, we start to conduct truthfully, we see, speak and hear the

truth and only truth, we deliver the truth and above all we serve the truth and service of the truth is the highest service, and by doing so we earn the truth and we become the truth, our life becomes smooth and nice, it becomes peaceful, full of eternal happiness and eternal never ending enjoyment, we bring complete silence, peace, sacrifice, kindness, fearlessness, single vision, humility, and all the divine qualities of the Almighty and so we become a Sikh in the true sense, we become a Guru's True Disciple ("Gursikh") in the true sense, we become a one whose deeds are always in line with Guru's divine command ("Gurmukh") in the true sense.

Slave Of Slaves

("Dassan Das")

## **19. Humbleness - A Deep Divine Quality**

Humbleness is the key element in the life of a Sikh.

A person doesn't deserve to be called a Sikh if he is not full of utmost humbleness and humility. The mandatory divine quality of a Sikh, a Guru's true Sikh and a disciple whose all senses are directed towards deeds which always fall in line with the Guru True divine wisdom ("Gurmukh") is:

("GARIBI VES HIRDA")

(The Heart that wears the clothes of spiritual poverty - humbleness)

The humbleness and humility of the mind and soul is the key to the True Court of Timeless Eternal Love-Lord ("Dargah of Akal Purakh"). Guru "Nanak" King Of all Kings ("Patshah Ji") has called Himself a "Neech" (lowest):

("NANAK NEECH KAHEY VEECHAAR")

(Lowly Nanak says this .. )

At many places in Guru's divine utmost Lovable Truthful divine word-wisdom ("Gurbani") Guru Nanak King Of all Kings ("Patshah Ji") has called Himself a

("DASSAN DASS")

(Slave of the slaves).

That is the kind of humbleness Guru Nanak King of all Kings ("Patshah Ji") have taught us we should be earning in our soul and mind. The Gurus envisioned Guru's devoted path of Sikhism as a ("Halimi Raj"); a society full of love and respect for each other, the utmost humbleness and



humility brings in the sense of respect and love for every one in the society and eliminates the feelings of hatred and animosity among the masses.

Ego is the worst enemy of a person, it is also called “Haumai” or “Ahankaar” in Guru-God’s Divine Word-wisdom (“Gurbani”), and this is the deep mental sickness as described in Guru’s Divine word-wisdom (“Gurbani”):

(“HAUMAI DEERAGH ROG HAI”).

(Ego is a chronic disease)

Ego brings in and promotes anger in our mind and body, which is our worst enemy. Anger leads to hatred, fight, war, revenge and selfishness. Anger is also a deep mental sickness. Ego resides in the head of a person; it takes us away from the Almighty, whereas humbleness and humility brings us closer to the Almighty.

- Love is the essence of the spirituality and divinity,
- Love is the truth,
- Love prevails for ever,
- Love is the language of Timeless Almighty-God (“Akal Purakh”):

((“BHAKHYEAA BHAO APAAR (JAP JI)”):

“Bhakhyeaa” (language,

Way of communication,

Way of talking to each other,

Dialogue)

“Bhao” (unconditional love,

Love with sacrifice,

Love for giving,

Love for removing others sufferings and pains)

“Apaar” (who is limitless,

Who is unlimited,

Who is infinite);

- Love is supreme,
- Love is infinite,
- Love has no dimensions,
- Love has no boundaries,
- Love is the sacrifice,
- Love is selfless living,
- Love is to give,
- Love is to surrender everything to the Timeless Eternal Being Full Of Love (“Akal Purakh”),
- Love is to serve others,
- Love is to diminish sufferings and pains of others,
- Love is to give Ambrosial Nectar (“Amrit”) and take out the poison from the heart of a person,
- Love is to give your heart to the Supreme Guru-God (“Gur”), Guru and Guru’s Holy Congregation (“sangat”).

Humbleness and humility will remove ego, anger, revenge, hatred, animosity and adverse feelings and will bring in love - will bring in God inside us. Gurbani says:

(“JIN PREM KEEO TIN HI PRABH PAAYEO”)

(Only those who LOVE the LORD will realize HIM)

Only love can make us realize God. Our love for God is not complete if we have not loved all His creations as much as we love Him. Only love can take us out of the shackles of Maya and unite us with Almighty, and that is the purpose of the life of a Sikh.

We should all exercise utmost humility and humbleness in all our deeds, actions, reactions, and communications – written or oral. By doing so we will learn the language of love, sacrifice, faith and trust in the Supreme Guru-God (“Gur”), Guru and Guru’s loved word-wisdom (“Gurbani”). We will become closer and closer to the Almighty by eliminating ego and anger from our soul

mind and body.

Slave Of Slaves

(“Dassan Das”)

## **20. Thirty-Two Divine Qualities Of The Eternal Bride**

If the soul-bride does good deeds, and strings them on the thread of her mind,  
she obtains the jewel, which cannot be purchased for any price,  
strung upon the thread of her consciousness. ||2||

SGGS

This article is written only with the divine blessings. Blessings of the Supreme Guru-God’s Eternal-loving ,always blissful and wonderous grace (“Gur Parsadee Gur Kirpa”) of the Never ending ,limitless Anant Beyant Agam Agochar Aprampar Dear Great and love filled Supreme Lord of all lords who is beyond universal limits (“Dhan Dhan Shri Paar Braham Parmesar”) and the Guru.

Let us pray to God and Guru to give all of us

- The Eternal Blessings of the Supreme Guru-God’s Love grace Name of his (“Gur Parsadee Naam” “Ik Oankar Satnaam” One God Named TRUTH
- Trust,
- Faith,
- Commitment and
- Belief.

So we may follow the Divine Wisdom and become God’s Bride (“Suhagan”) and then stay that way always and forever (“Sada Suhagan”).

A soul becomes a God’s Bride (“Suhagan”) when she

- Receives One Drop of ambrosial nectar “Amrit” (“Ek Boond Amrit”) in the third eye (“Trikuti”)

- And all her internal doors (“Bajjar Kappaats”) are opened:

The Guru has blessed me with the one drop of Ambrosial Nectar,  
I have become stable, unmoving and immortal - I shall not die.

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This happens when the Light of The Supreme (Jyot) inside is ignited. The following explains this process in more detail:

1. the ambrosial nectar love of God the eternal Graceful name of Lord (“Naam Amrit”) goes in to the mind (“Surat”),
2. The mind starts to recite the Ambrosial nectar God’s Name (“Naam”) on a continuous basis,
3. The Ambrosial Nectar God’ Name Truth (“Amrit”) starts to flow in from all divine doors to the body. There are four doors in the head : one in the forehead, one each on sides of the head and one in the rear portion of the head. All these doors receive the cosmic energy (the “Amrit”) whenever the mind concentrates on Loving recitation of God’s Name (“Naam Simran”).
4. Deep meditation (“smadhee”) occurs within a very short period of time. I.e. As soon as God-Guru’s eternal divine word-wisdom (“Gur bani”) or Love praises of unlimited Lover (“Kirtan”) is heard, or a very blessed soul comes near to them, that person goes in to Meditation of highest love (“Smadhee”). At first this switch off of mind from the thoughts of worldly affairs (“smadhee”) takes a few minutes to occur but eventually they go into meditative state (“Smadhee”) instantaneously.

This spiritual state of the soul is called Bride-soul (“Suhagan”). Every soul that is not a God’s eternal love-bride (“Suhagan”) is called “Duhagan” (unmarried woman). The Almighty accepts His Bride-soul (“Suhagan”) by giving her eternal blessings (the “Gur Parsaad”). At this time of the soul’s journey (“Bandgi”) the Devotional Love (“Bhagti”) account is opened directly in the Court of The Immortal Timeless Being (“Dargah of Akal Purakh”).

The real pilgrimage of inside love (“Bandgi”) starts at this stage. This happens in the realm of Grace (“Karam Khand”). This is the Fourth realm (“Khand”) out of five. This is a very high spiritual stage. The soul is well on her way to Realm of Truth & Love (“Sach Khand”).

When a soul

- Becomes one with the timeless lover of all (“Akal Purakh”),
- Merges totally in the attribute-less form (“Nirgun Saroop”) of Timeless love being (“Akal Purakh”) and
- Reaches the supreme status (“Param Padvi”),

Then the soul reaches the Realm Of Truth (“Sach Khand”). When this happens the soul goes from Bride-soul stage (“Suhagan”) to being accepted as (“Sada Suhagan”) ---A Bride Forever.

Going through this process of five stages of spiritual pilgrimage of inside truth (“Bandgi”) and more specifically last two stages of spiritual journey (“Bandgi”): Realm of grace (“Karam Khand”) and Realm of truth (“Sach Khand”); the Bride-soul (“Suhagan”) has to acquire all the divine qualities mandated by the king of kings the Truth-Supreme Lord of all who is beyond the limits of this universe (“Paar Brahm Parmesar”).

The Bride soul (“Suhagan”) has to pass all the tests of spiritual journey (“Bandgi”) to reach that level of spiritual pilgrimage (“Bandgi”). The Bride-soul (“Suhagan”) has to prove all the divine qualities she has developed during the course of her spiritual journey (“Bandgi”) to the Almighty. And what are these divine qualities? These qualities that:

- Form the criteria of becoming a Bride soul (“Suhagan”) and a Forever Love-Bride (“Sada Suhagan”),
- Become a yardstick for measuring the performance of the Bride-soul (“Suhagan”) and Forever-bride –soul (“Sada Suhagan”).

And what are these qualities measured against? The divine qualities are measured on the Scales of Truth (“Sach Di Takdi”):

You Yourself are the balance, the weights and the scale;

You Yourself are the weighed.

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We will humbly try to explain these divine qualities of a Bride-soul (“Suhagan”) and a Forever

Bride-soul (“Sada Suhagan”) in the following.

God’s soul bride is also called a “GUN-VANTI”, the virtuous bride. She has to collect 32 virtues and string each one onto her necklace to please her Husband. Meaning we have to bring each of these into our daily life. (“Baba Ji” said as soon as you receive new knowledge bring it into your actions right away – when you act upon it, it becomes your wisdom).

These 32 virtuous beads are :

## **1. Eternal Blessings – “Gur Parsaad”:**

This is the beginning point of the spiritual journey (“Bandgi”) in the divine and eternal sense. Without Guru’s grace of love (“Gur Parsaad”) the following becomes impossible:

- Spiritual journey (“Bandgi”),
- Control over Maya,
- The death of Ego/Pride/Self (“Haumai”),
- Control over Five vices/thieves (“Panj Doot”),
- Killing of the desires,
- Elimination of (“Dubidha”) – illusions and delusions
- Winning of the mind,
- Meditation (“Smadhee”) and Deepest meditation (“Sunn Smadhee”)
- Earning of all the divine qualities is not possible.

The bottom line is that without God-Guru’s Divine grace (“Gur Parsaad”) none of the 32 virtues of a Forever Bride (“Sada Suhagan”) are not possible.

God-Guru’s eternal love blessing (“Gur Parsaad”) is a continuous process. Once you have realized the Guru’s grace (“Gur Parsaad”) and follow the path of TRUTH-Spiritual journey (“Bandgi Marag”) then the Guru’s eternal Love grace (“Gur Parsaad”) is prayed for on a continuous basis. It keeps you going on the Path of spiritual love of unlimited ultimate Lover (“Bandgi Marg”). Even after completion of the Spiritual journey (“Bandgi”) and becoming a Forever-bride (“Sada Suhagan”), Guru’s love grace (“Gur Parsaad”) becomes a permanent part of your soul and mind. It is the priceless diamond that walks you through the entire process of spiritual pilgrimage (“Bandgi”) and takes you to the heights of spirituality. Eventually it will make you a dealer of the God-guru’s Grace (“Gur Parsaad”). It is the God-Guru’s grace (“Gur Parsaad”) that will make you:

I am a trader in the Name of the Lord.

## **2. Complete Surrender to the Supreme Guru God (“Gur”) and Guru:**

This is the key to the door of God’s Court (the Dargah). The forever bride-soul (“Sada Suhagan”) has the priceless jewel of SURRENDER carved in her crown forever. She gives everything she has to God (the Gur) and Guru. This is only made possible due to the God-Guru’s eternal love grace (“Gur Parsaad”) she is blessed with on a continuous basis. The spiritual progress of our soul and mind depends upon how much we give to the Supreme Guru (“Gur”) and Guru. This is the most powerful divine law which helps you in overcoming your (“Haumai”) – ego. The more you give to the supreme Guru-God (“Gur”) and Guru the rewards are multiplied by tens of millions and returned to you. This is how the God-Guru (“Gur”) and Guru take all your chronic mental diseases and clean you from inside and make you a complete pure being of Truth & love (“Puran Sachyara”). God – The Truth (“Sachyaar”) can live only in a Completely True person (“Puran Sachyara”).

## **3. Faith, Trust, Commitment and Belief in Supreme Guru –God (“Gur”), Guru and Guru’s divine Godly commanded love-filled word-wisdom (“Gurbani”):**

This is another priceless diamond that the Forever Bride (“Sada Suhagan”) earns in her crown of jewels of Universal wisdom/God wisdom (“Braham Gyan”) – Divine Wisdom – (“Gur Matt”). Spiritual pilgrimage/spiritual journey (“Bandgi”) is not possible without the practice of this most important mandatory divine law. Your spiritual gains are proportionate to your faith, trust, commitment and belief in the Supreme Guru-God (“Gur”), Guru and God-Guru’s divine word-wisdom (“Gurbani”).

These attributes know no boundaries. These traits of a Forever Bride (“Sada Suhagans”) are unlimited like Timeless love being (“Akal Purakh”) Himself. Like God Himself there is no limits. These qualities are immeasurable and unquantifiable. The higher the faith, trust, commitment and belief the higher is the spiritual condition the soul bride. In fact faith, trust, commitment and belief is the second name of Spiritual journey (“Bandgi”).

#### **4. (“Naam Amrit”) (Ambrosial Nectar Name )**

This is the Priceless Diamond (“Anmolak Rattan Hira”). The God-Guru’s eternal gift of love-GRACE (“Gur Parsaad”) – “Ik Oankaar Satnaam” (One God named TRUTH) as defined in Source Spell of love (“Mool manter”). The journey towards becoming a Bride (of God) (“Suhagan”) starts with the Eternal God-Guru Love Blessing-Grace (“Gur Parsaad”) of Name of God -the ambrosial nectar sought by all universe (“Naam Amrit”).

#### **5. (“Ek Boond Amrit”) One drop of Love –Ambrosial Nectar**

The Divine God-Guru’s divine Blessing –Grace (“Gur Parsaad”) brings this divine Ambrosial Nectar (“Amrit”) inside a soul and then the soul becomes a Bride (“Suhagan”) after wearing this jewel in her forehead: (“Trikuti”). The activation of this spiritual energy center in the forehead takes the Loving remembrance of ambrosial nectar –God’s Name (“Naam Simran”) into the mind (“surat”) and converts a doubtful unmarried Soul (“Duhagan”) to a Bride-Soul (“Suhagan”). This is the second eternal gift of Grace of God-Guru (“Gur Parsaad”) induced so that the doubtful unmarried soul (“Duhagan”) gets and becomes a Bride-Soul (“Suhagan”). This is that priceless diamond which initiates the advent of Ambrosial Nectar- TRUTH (“Naam Amrit”) inside and starts to clean her up from inside out.

#### **6. Meditation (“Smadhee”)**

This is the next eternally blessed gift the Bride-soul (“Suhagan”) receives from the Almighty. After Ambrosial Nectar Name of Lord of love (“Naam Amrit”) has gone into the Mind (“Surat”), it then goes in to spiritual heart Center (“Hirda”):

I am lovingly centered on the One Lord forever.  
I enshrine the Lord's Name within my mind. ||4||

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The ambrosial Nectar name of Lord –TRUTH (“Amrit”) starts to come inside. The inside cleaning process starts. The eternal happiness and enjoyment starts to flow inside the soul and



mind. This is another priceless diamond the Bride-soul (“Suhagan”) is blessed with in her crown. The moment Loving praises of Lord-Almighty (“Kirtan”) or God-Guru’s eternal divine Truth-word-wisdom (“Gurbani”) or loving remembrance of name (“Simran”) starts the Bride-soul (“Suhagan”) goes in to Meditation (“Smadhee”) in a few minutes. The cosmic energy and spiritual energy starts to flow inside the body. The soul is instituted in Realm Of Grace (“Karam Khand”); the spiritual journey (“Bandgi”) account opens in the Court of divine love –Truth (“Dargah”). The real spiritual journey (“Bandgi”) starts.

## **7. Deep meditative state of inside (“Sunn Smadhee”)**

This is the next highly blessed God-Guru’s blessed grace of love (“Gur Parsaad”); the state of complete trance – deepest state of meditation. No thoughts. No distractions. This is the next highest state of Continuous blissful remembrance of God’s Name. (“Naam simran”)

“The Deep Meditative stage (“Samaadhi”),  
“The Supreme Being”,  
“The Lord of the three worlds”  
- these are Your Names, Lord.

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Most of the spiritual experiences are encountered in long sessions of Deepest meditative state (“Sunn Smadhee”). When we do remembrance of Lord’s divine name (“Naam Simran”) in Meditative State (“Smadhee”) and deepest meditative state (“Sunn Smadhee”) – first two hours are counted sitting on the earth. After that the soul goes in to Divine court of love (“Dargah”), the loving remembrance (“Simran”) is counted in the divine court of God (“Dargah”).

## **8. Inner Doors (“Bajjar Kappaats”) Open**

These are the doors in the Astral Body (“Suksham Dehi”). The astral body receives the spiritual energy through these doors:

- There are four such doors in the head – one in forehead, two on the sides above both ears, and one in the rear above the end point of spinal cord

- There are two doors in the palm of each hand
- There are two doors in the ‘souls’ of our feet.

When a soul becomes a Bride-soul (“Suhagan”), all these doors to the soul are opened and she starts to receive the spiritual energy from these doors inside. This spiritual energy comes in as a result of Remembrance of love-Lord’s name (“Naam Simran”) in meditation (“Smadhee”) and deeper state of meditation (“Sunn Smadhee”) in the beginning. When the person goes in to higher stages of remembrance of Love-lord Almighty’s name (“Naam Simran”) then there is a continuous flow of spiritual energies in to the body. This spiritual energy cleans us up completely from inside and we move very fast to the achievement of the ultimate. Opening of these spiritual doors is a major milestone in the spiritual pilgrimage/journey (“Bandgi”). This is another priceless jewel in the crown of a Bride-soul (“Suhagan”).

## **9. Golden Astral Body (“Kanchan Dehi”) & Purification of Soul:**

When the Bride soul (“Suhagans”) goes in to long deep meditation sessions in Meditation (“Smadhee”) and deeper meditative state (“Sunn Smadhee”) every day then her soul starts to clean up. All the mental sicknesses start to disappear. All the holes created by these chronic mental sicknesses in the Micro Invisible body (“Suksham Dehi”) are repaired. The Ambrosial Nectar Lord’s Name (“Amrit”) starts to collect in the Micro Invisible Body (“Suksham Dehi”) and eventually the Micro Invisible Body (“Suksham Dehi”) becomes pure like 24 carrot gold. It is then completely filled by the Ambrosial Nectar-Lord’s Name –TRUTH (“Naam Amrit”). It is completely filled by the spirituality and eventually the ambrosial nectar (“Amrit”) starts to overflow from the Micro Body (“Suksham Dehi”). This condition is described in “Asa Di Vaar”:

My eyes are wet with the Nectar of the Lord,  
and my mind is imbued with His Love, O Lord King.  
The Lord applied His touchstone to my mind,  
and found it one hundred per cent gold.  
As Guru’s True disciple (“Gurmukh”), I am dyed in the deep red of the poppy,  
and my mind and body are drenched with His Love.  
Servant Nanak is drenched with His Fragrance;

Blessed, blessed is his entire life. ||1||  
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This is the saturation, super saturation and super super saturation, never ending saturation of Ambrosial nectar –Lord’s Name (“Naam Amrit”) in the entire body, which is the most priceless diamond carved in the crown of the Forever-Bride Soul (“Sada Suhagan”).

## **10. Control over Five Thieves/Vices (“Panj Doot”)**

When the Bride-Soul (“Suhagan”) goes in to long sessions of deep meditations on a daily basis. Then on a continuous basis though out the day and night (unstopable, undone, unimaginable continuous forever recitation “Ajapa Jaap” and recitation of God’s Name with every cell of body, every atom, every molecule of body and mind, heart “Rom Rom Naam Simran”), then these five thieves: Lust, Anger, Greed, Attachment & Ego/pride (“Kaam, Krodh, Lobh, Moh and Ahankaar”) leave the body. When the body is relieved of these five chronic mental sicknesses the Bride –Soul (“Suhagan”) wins over her mind and earns another priceless jewel in her crown.

## **11. Control over Hopes/Expectations-Deeper Desires-Desire (“Asa-Trishna-Mansha”)**

When the Bride-soul (“Suhagans”) goes into long deep meditation sessions in Meditation (“Smadhee”) and Deeper Meditative state (“Sunn Smadhee”) every day then all the desires are gone. The Bride-Soul (“Suhagan”) wins over her mind and she is blessed and decorated with another priceless jewel in her crown.

## **12. Control over Desire for Ruling, Youth, Wealth, Good Items, Beauty, Joy, Smell, Touch (“Raj Joban Dhan Maal Roop Rus Gandh Sparsh”)**

These are the distraction causing elements in addition to the Five Vices/Thieves (“Panj Doot”) and desires, which cause the normal person to live under the influence of Maya. But a Bride-Soul (“Suhagan”) with the God-Guru’s eternal love filled blessing (“Gur Parsaad”), and filling herself with Ambrosial Nectar –Lord’s Name (“Naam Amrit”) by sitting in Meditation (“Smadhee”) and Deeper Meditation (“Sunn smadhee”) relieves herself from the influence of these distractions. Eventually she wins over Five Vices/Thieves (“Panj Doots”), desires and distractions. She overcomes mental sicknesses, wins over the Maya completely and by virtue of this victory wins over her mind completely and becomes one with Almighty.

### **13. No Duality/Confusion (“Dubidha”)**

All the illusions, doubts and delusions are replaced by total commitment, belief, faith and trust in the Supreme Guru-God (“Gur”), Guru and God-Guru’s divine word-wisdom (“Gurbani”). The Bride souls (“Suhagans”) and Forever Bride Souls (“Sada Suhagans”) rise above all these distracting elements and nothing can cause the unlimited bond of devotion an unconditional love between them and the Almighty. A soul, which is blessed with this God-Guru’s unlimited eternal Love-grace (“Gur Parsaad”), becomes Dead while alive/free from bondage of life and death (“Jivan Mukh”).

### **14. Humbleness**

Utmost humbleness (“Nimrata”) is the key to the Divine Court of Lord of love Timeless Being (“Dargah of Akal Purakh”). The Bride souls (“Suhagans”) and Forever Bride souls (“Sada Suhagans”) earn this priceless diamond in their Heart Center (“Hirda”). Their spiritual heart (“Hirda”) becomes a simplified utmost humble love form –heart (“Garibi Ves Hirda”). They always remain at the lotus feet (“Charans”) of the entire creation. This keeps them always in ever-rising spiritual bliss (“Chad Di kala”). There is no respect and disrespect for a Forever Bride –Soul (“Sada Suhagan”). There is no effect of praise or slandering on a Forever Bride Soul (“Sada Suhagan”).

### **15. Kindness**

Utmost kindness makes the spiritual heart center (“Hirda”) of a Bride –Soul (“Suhagan”) and a Forever Bride Soul (“Sada Suhagan”) very large. The kind-heartedness makes them capable of helping the others with all the spiritual powers at their disposal. The Bride-Soul (“Suhagans”) and Forever Bride Soul (“Sada Suhagans”) take the pains of the others and give them the Ambrosial Nectar –God’s Name (“Amrit”). They drink the poison of their Holy congregation (“Sangat”) and give them the ambrosial nectar God’s Love-His Name (“Amrit”).

### **16. Unconditional Love with Devotion**

There is no limit for these vital qualities of Bride-Soul (“Suhagans”) and Forever Bride-Soul (“Sada Suhagans”). Sacrifice brings peace. Where there is peace there is God Himself in His Without attribute Formless form (“Nirgun Saroop”). That is why the Almighty remains in the Forever Brides (“Sada Suhagans”) in His Attribute-less Formless Form Love (“Nirgun Saroop”) always and forever. This is another very high order of Blessing Of God-Guru (“Gur Parsaad”) that the Bride-Soul (“Suhagans”) and Forever Bride-Souls (“Sada Suhagans”) are blessed with.

## **17. Forgiveness**

Forgiveness and kindness are complementary to each other. These are the deep divine quality that take a deep place in the spritual heart center (“Hirda”) of a forever bride (“Sada Suhagan”) and makes her Spiritual Heart center (“Hirda”) large and unbounded. Where there is forgiveness there is no anger. Where there is no anger there is no ego. Where there is no ego there is God Himself in His Attribute-less formless form (“Nirgun Saroop”). This is the God-Guru’s eternal love filled graceful blessing (“Gur Parsaad”) that is available to the Forever Bride (“Sada Suhagans”).

## **18. Fearless**

Fearlessness is another priceless jewel in the crown of a Forever Bride (“Sada Suhagan”). She has no enemies; everyone is a friend for her. She loves the entire creation as much as she loves the Almighty Himself. She is beyond the fear of death. Being fearless allows her to be a totally truthful person. She is never afraid of promoting “SAT” – the Eternal Truth.

## **19. Contentment**

This is another divine attribute. A completely contented state of mind and soul. Always in Loving Divine will (“Hukam”). Always accepting everything as the Will of Almighty. No desires. Completely balanced state of mind. No greed at all. No cravings for any worldly comforts or materials. Always absorbed in the Eternal Bliss. Peaceful, calm and full of eternal joy and happiness.

## **20. Continuous Recitation /remembrance of name of God (“Simran”) (Ever continuous unimaginable recitation of name (“Ajapa Jaap”), recitation of name all our body, mind and heart in each and every cell (“Rom Rom”))**

These are higher stages of remembrance of lord’s Name (“Naam Simran”) that the Bride-Soul (“Suhagans”) and Forever Bride-soul (“Sada Suhagans”) are eternally blessed with. This is a

God-Guru's eternal Love blessing ("Gur Parsaad") of a very high spiritual order available to them. Their entire body pulses with the recitation of God's eternal Love Name ("Naam Simran"). They are always filled with the God's eternal Love ambrosial nectar his name ("Naam Amrit") on a continuous basis, they are always in state of Meditation ("Smadhee").

## **21. Infinite Inner soul nectar ("Atum Rus Amrit") (Supreme Light Complete enlightenment without attribute formless form ) ("Param Jyot Puran Parkash Nirgun Saroop")**

Inner Soul Nectar ("Atum Ras") is the highest ambrosial nectar ("Amrit") available to the Forever Brides ("Sada Suhagans"):

Knower of universal Truth Wisdom is everyone's dust of feet ("Braham Gyani Sagal Ki Reena")  
Knower Of Universal Wisdom is custodian of inner soul nectar ("Atam Rus Braham Gyani Cheena");

Pure lord is one who knows the inner soul nectar ("Atam Rus Jeh Janye So Hi Khalas Dev");

This is the purest form of God's Without attribute formless form ("Nirgun Saroop") that the Forever Bride ("Sada Suhagan") remains absorbed in on a continuous basis and for ever. There is no description for this Inner soul nectar ("Amrit"), it can only be experienced and felt and seen with spiritual eye. This is the highest level Blessing of Grace God-Guru ("Gur Parsaad") available to the Forever Bride ("Sada Suhagans").

## **22. Tenth Door ("Dassam Duaar")**

This is the spiritual door situated in the upper portion of the human skull (soft spot in a baby). When it opens it connects the Bride Soul ("Suhagan") to Timeless love-Lord of all ("Akal Purakh"), in a continuous basis. This continuously keeps on bringing Ambrosial Nectar ("Amrit") into the body:

Tenth door for revelation of truth is unfathomable ,beyond any description love garden of Supreme Being ("Dassam Duaara Agam Aparam Purakh Ki Ghati")

This Blessing of Love filled Master God-Guru ("Gur Parsaad") is available to the Bride-Soul ("Suhagans") and Forever Bride-Souls ("Sada Suhagans") on a continuous basis.

The divine wisdom starts to pour into our brain once the Tenth Door of revelations ("Dassam Duaar") opens. The God-Guru's divine love filled Truth word-wisdom ("Gurbani") starts to come inside after the Tenth Door ("Dassam Duaar") opens. The functionality of the brain starts

to increase with the opening of the Tenth Door (“Dassam Duaar”).

## **23. Un-struck, unlimited sound of divine word (“Anhad Naad Shabad”)**

When unlimited un-struck melody of divine Love struck to Tenth Door (“Anhad Shabad Dassam Duaar Vajjyeeaa”)

Then came the leaking the Ambrosial Nectar Name (“Taa Amrit Naam Chuaayea Thaa”)

After the Tenth Door of love (“Dassam Duaar”) is open there is a continuous connection formed between a Bride-soul (“Suhagan”) and Timeless lord of all (“Akal Purakh”). There is a continuous flow of Ambrosial Nectar Name (“Amrit”) from the Tenth Door of love (“Dassam Duaar”) to the body. And at the same time there is divine music that starts to sound in the Tenth Door (“Dassam Duaar”). This divine music is the Nectar of love filled Lord (“Amrit”) and continuous divine loving singing praises of Lord (“Kirtan”) coming directly from Timeless Eternal Love Being of all (“Akal Purakh”). It is heard in the form of music being played by five different musical instruments.

Some of the Forever-Bride Souls (“Sada Suhagans”) are blessed to be able to listen to it as Loving worded singing praises (“Kirtan”) and to write it and play it in this world. This is what six of the Guru Masters did and the 15 Extreme Lovers of God (“Bhagats”) in God-Guru’s Love word-wisdom (“Gurbani”). They sung those divine verses from God and then wrote them down. That was compiled in what now is commonly known as Great Great Love filled Guru “Granth” (Holy book in Sikhism) (“Shri Guru Granth Sahib”). This is another high level of Blessing of Gracious Lord God-Guru (“Gur Parsaad”) available to the Forever bride-Soul (“Sada Suhagans”).

## **24. (“Sat Sarovar”) Seven Lakes Of Divine Nectar “Amrit”**

These are seven centers of spiritual energy within human body. These are located at:

- Forehead,
- Throat,
- Middle of the chest towards the spine,
- Belly button,
- Above the sexual organ,
- Bottom of the spine (“Kundlini”) and
- One more on the spine

They are activated by the Ambrosial Nectar Love of God his Name (“Naam Amrit”). Once that

happens then there is an internal generation of the spiritual energy in the human body. This Godly blessed gracious gift of Guru (“Gur Parsaad”) is available to the Bride Soul (“Suhagans”) and Forever Bride Soul (“Sada Suhagans”).

## **25. Universal Truth-God wisdom of Love (“Braham Gyan”)**

This is the complete divine knowledge about the Beyond limits Supreme Love filled always blissful and gracious Lord of all (“Paar Braham Parmesar”) required for completing the spiritual Pilgrimage/Journey (“Bandgi”). You need complete divine knowledge (“Puran Gyan”) for completing the journey (“Puran Bandgi”).

Universal Love filled Truth-Wisdom (“Brahm Gian”) is also known as

- The “Tatt Gyan” (the divine knowledge about the essence of the Timeless Lord of All (“Akal Purakh”)),
- The “Param Tatt” (essence of the Supreme);
- The infinite,
- The Eternal Truth,
- The Ambrosial Nectar (“Amrit”),
- Supreme Light (“Param Jyot”),
- Complete illumination (“Puran Parkash”),
- Formless Attribute-less form (“Nirgun Saroop”)

This very high level of Blessing of God-Guru (“Gur Parsaad”) is available to the eternal Forver Bride-Souls (“Sada Suhagans”). All the diamonds and jewels of divine knowledge are available and carved in to the crown to the Forever-Bride Soul (“Sada Suhagans”).

## **26. Winning of Mind, winning of Maya, Beyond the three defining qualities (“Trihu Gun Tey Parey”)**

This is the hardest part of the Spiritual Super Natural Journey /pilgrimage towards simplification of being (“Bandgi”) to win completely over Maya. Spiritual Journey (“Bandgi”) is basically winning a war against Maya. A Bride-Soul (“Suhagan”) becomes a Forever Bride-Soul (“Sada Suhagan”) when she wins this fight with the Maya and goes beyond the three qualities of Maya. Then she becomes one with Timeless Love-filled Love-Lord of All (“Akal Purakh”). She merges in to the Beyound Universal Limits Supreme One Lord (“Paar Braham Parmesar”), into His Formless form of without Attributes (“Nirgun Saroop”).



This is again a very high level of God-Guru's Love Blessing Full of Grace & Sacrifice ("Gur Parsaad") the Forever Bride Souls ("Sada Suhagans") are blessed with and by virtue of this Eternal Love-filled Blessing of Love-filled God-Guru ("Gur Parsaad") the Maya becomes a servant of Forever Bride Souls ("Sada Suhagans").

## **27. ("Ek Drisht") – Single Vision**

A Forever Bride Soul ("Sada Suhagan") is blessed with the Love-filled eternal Lovable Gracious Gift of God-Guru ("Gur Parsaad") ----- Single Vision. This means that all are equal for her. There is no duality in her vision. She sees every body with a single vision. There is no discrimination in her vision. For a Forever-Bride-Soul ("Sada Suhagan") there is no difference between worldly sorrow and happiness. There is no difference between sand and gold for her. There is no difference for her between her own family and the entire world; she belongs to the entire creation.

## **28. ("Nirvair") – No Animosity**

A Forever Bride –Soul ("Sada Suhagan") is blessed with the Love-filled Blessing of ever graceful God-Guru ("Gur Parsaad") of having no animosity with anybody. She has no enemies; she has no hatred for anybody, no feeling of revenge. She loves all as much as she loves the Almighty.

## **29. ("Param Padvi") Supreme Status**

A Forever-Bride-Soul ("Sada Suhagan") is eternally blessed with this highest spiritual position in the Divine Court ("Dargah") of Timeless Lord and Love of All ("Akal Purakh"). She stays in Divine Will ("Hukam") and follows the Divine Command ("Hukam") on a continuous basis. All her deeds, actions and service is in Complete Divine Command ("Puran Hukam") of Always Lovable Love-Lord Timeless Being ("Akal Purakh"). After being blessed by Timeless Love-Lord of All ("Akal Purakh") with the Supreme Status ("Param Padvi") she becomes the Giver of Ambrosial Nectar of Love God's Love-filled eternal Name ("Amrit"), giver Of Name ("Naam") and the Giver of Graceful Blessing of God-Guru ("Gur Parsaad"). She becomes a Complete Saint in all dimensions and all true aspects of divinity ("Puran Sant") and a Complete divine Knower of Universal Truth Wisdom Of love ("Puran Braham Gyani"). Then her job becomes to disseminate Wisdom Of Universal Truth ("Braham Gyan"). To distribute the Ambrosial Nectar Name ("Amrit") to the Congregation ("Sangat") and lead them on to the Path of Spiritual Journey ("Bandgi Marg") to realm of Truth ("Sach Khand").

### **30. Soft and Sweet Spoken – (“Mith Bolra”)**

Forever Brides (“Sada Suhagans”) are all very sweet spoken. All their words are Ambrosial Nectar love drenched words (“Amrit Vachans”) (each word is full of Ambrosial Nectar (“Amrit”) and people go into Meditation (“smadhi”) just listening to them). They never hurt anybody’s heart. They will always absorb the sorrows of the others and give them Ambrosial Nectar of Peace & utmost Love with Humbleness and gratitude (“Amrit”).

### **31. Doing Good To Others (“Parupkaari”), Living totally for others (“Maha Parupkaari”)**

A Forever Bride souls (“Sada Suhagan”)’s job is to help others become like her by giving them God-Guru’s eternal Love Blessing Grace (“Gur Parsaad”) and motivating them to move on the Path of Spirituality (“bandgi Marg”) to Relam Of truth (“Sach Khand”). They do this by

- Blessing others with the God-Guru’s Blessed Gracious Name -One God Name-TRUTH (“Gur Parsaadi Naam” “Ik Oankaar Satnaam”,
- Giving them Ambrosial Nectar of Love God’s Name (“ Amrit”)
- Helping them earn all the Blessings of God-Guru (“Gur Parsaads”) as described earlier and
- Bringing them Free From Birth & Death (“Jivan Mukti”).

Uniting a person with Name of Lord (“Naam”) thus giving them Freedom from Bondage of Life & Death (“Jivan Mukti”) is the greatest selfless deed one can do. That is called Super Philanthropy of extreme level (“Maha Parupkaar”):

Great Great Kind Winners of God’s Heart have come (“Dhan Dhan Dhan Jan Aayeeaa”) With whom’s graceful love blessing all creation has swim across ( this terrible ocean of delusions & falsehood) (“Jis Parsaad Sabh Jagat Tarayeeaa”)

“Parupkar” (Philanthropy) is

- Diminishing the sorrows of others,
- Diminishing their mental sicknesses,
- Helping them win over their minds,
- Winning over Maya,
- Giving Ambrosial Nectar Name (“Naam”), Spiritual pilgrimage/Journey (“Bandgi”),

Selfless Service (“Seva”) and

· Freedom from Life & Death (“Jivan Mukti”) is the highest level of the service of humanity.

Philanthropy is the job of a Forever Bride-Soul (“Sada Suhagan”)

## **32. Completely Truthful**

The Forever Bride-Soul (“Sada Suhagans”) always See, Speak, Hear, Deliver and Serve the Eternal Truth. They always remain absorbed in the Eternal Truth. Delivering and serving the Eternal Truth is the highest service to mankind.

The “Mahima” (description), the divine qualities and the spiritual powers of the Forever Bride-Soul (“Sada Suhagan”) are beyond description. This was just an attempt to give a glimpse of some of the divine qualities of a Forever Bride-Soul (“Sada Suhagan”). These qualities can only be felt and experienced when we move on this Path Of Spiritual Pilgrimage (“Bandgi Marg”) and get blessed with these kinds of divine qualities through Great Great Love filled God-Guru’s Grace blessing (“Gur Parsaad”). If you are destined and pre ordained for achieving these qualities you will make it for sure. But don’t sit idly, start your efforts now. Start praying for Blessing of eternal God-Guru (“Gur Parsaad”). Start surrendering to the Supreme Guru-God (“Gur”) and Guru. Develop faith, trust, commitment and belief in God (“Gur”), Guru and God-Guru’s eternal Love filled Truthful divine word-wisdom (“Gurbani”).

Start doing recitation of love filled ambrosial nectar God’s divine Name –TRUTH- “SAT NAAM” (“Naam Simran”) and you will make it happen to you.

Slave of Slaves  
 (“Dassan Das”)

## **21. Become The Dust Of All Creation**

With the Grace of Eternal ever lovable supreme God-Guru (“Gur Kirpa”) there is another piece of divine wisdom we would like to share with Great Great Lovable Supreme Guru-God’s ever blissful Truth Faced Holy congregation of Love (“Dhan Dhan Gur Sat Sangat Ji”) (in light of vision from Guru Tenth Father of all (“Dassam Pita’s”) whose visit (“Darshan”) we had): when Great Great warrior For Truth Guru Tenth Father Of lovers (“Dhan Dhan Guru Dassam Patshah Ji”) created five Complete Pure-pious Beings (“Puran Khalsas”) like Himself, He called them Pure Beings (“Khalsa”);

(“POORAN JYOT JAGAAY GHAT ME TAB KHAALAAS, TAHI NIKHAALAS JAANAAY”)

The heart that is lit with the perfect Light is the Pure Being (“Khalsa”), all others are not Pure Being (“Khalsa”).

He called the Pure-Being (“Khalsa”) his Master Truth-Guru (“SatGuru”):

(“KHALSA MERO SATGUR PURA”)

..the Pure-Perfect Being (“Khalsa”) is my perfect Truth Master-Guru (“Satguru”).

And then He bowed to the Utmost Love-form of Formless the Pure Being (“KHALSA”).

This is the divine quality of a Forever- Bride-Soul (“Sada Suhagan”):

- Full of humbleness;
- (“Sagal Ki Reena”) – the dust of the feet of the entire universe,
- The slave of the slaves,
- Calls Himself the lowest of the lowest,

This is how He receives the continuous flow of the Inside Inner extremely Pure Nectar of Love (“Atam Rus”); the highest Ambrosial Nectar of Love (“Amrit”); the Without Attribute Formless Form (“Nirgun Saroop”); Complete illumination (“Puran Parkash”); Remembrance of eternal love, God’s Name in each and every cell of body, mind & Soul (“Rom Rom Naam Simran”).

That is what Great Great Dear Guru Tenth Lovable King of all kings (“Guru Dassam Patshah Ji”) did when we saw Him and we did Flay Lying prostration in his divine lovable feet (“Dandaut”) to Him and in response He did Flat lying Prostration (“Dandaut”) to us.

Same way Saint “Baba Ji” have also been very kind to us and have done Flat Lying Prostration (“Dandaut”) to us several times; He has done Flat Lying Prostration (“Dandaut”) to the Holy Congregation (“Sangat”) many a times; this is the height of humbleness; this is the true eternal quality of a Complete Lover Sant-Truth Master ,a Complete divine Knower of universal Truth Wisdom (“Puran Sant Satguru a Puran Brahm Gyani”);and this is a divine lesson to learn for each one of us.

**THIS DIVINE LESSON SHOULD BECOME AN INTEGRAL PART OF YOUR SPIRITUAL PILGRIMAGE/LABORING (“BANDGI”).**

In your prayers from today onwards you should pray to the Almighty that He be kind on you and **SHOWER THE ETERNAL LOVE-FILLED BLESSING OF HIS DIVINE INVALUABLE GRACE (“GUR PARSAAD”) ON YOU AND** make you the dust of the feet of the entire universe:

PLEASE BLESS US TO BE DUST FEET OF ALL UNIVERSE  
PLEASE BLESS US TO BE FOREVER BRIDE  
PLEASE BLESS US TO HAVE MERGER IN U FOREVER  
PLEASE BLESS US WITH TOTAL COMPLETE ILLUMINATION OF LOVE-LIGHT  
INNER SOUL NECTAR IN EACH & EVERY CELL

(“KIRPA KAR KEY SANOO KOT BRAHMAND DEY CHARNA DI DHOOR BANA DEY”);  
(“KIRPA KAR KEY SANOO SADA SUHAGAN BANA DEY”);  
(“KIRPA KARKEY SANOO SADA SADA LAYEE APNEY WHICH SMAA LEY”);  
(“KIRPA KARKEY SADEY ROM ROM VICH ATAM RUS DAA PARKAASH KAR DEY”).

Slave Of Slaves  
(“Dassan Dass”)

## **22. Bandgi And Divine Qualities**

“Bandgi” Spiritual Labor (Lovable remembrance + Loving Devotional Service Of Lord (“Simran + Seva”)) and accumulation of divine qualities supplement each other. Spiritual journey (“Bandgi”) can't be completed without bringing in all the divine qualities inside your (“Hirda”) spiritual heart centre. You can't reach a state of completion (Unshakeable Stage “Atal Awastha”, Supreme Status “Param Padvi”, Complete Spiritual Labor “Puran Bandgi”) without bringing in all the divine qualities into your Spiritual heart centre (“Hirda”). Thereby making it a Saintly spiritual heart (“Sant Hirda”).

Actually it's the Spiritual heart centre (“Hirda”) that is the Saint and not the body or dress of a person. The Saint part of the person lives in the spiritual heart centre (“Hirda”). Saint means a heart full of God's unlimited love and all the divine qualities.

The divine qualities supplement the Spiritual Laboring (“Bandgi.”) Doing Spiritual

journey/pilgrimage (“Bandgi”) brings in the divine qualities inside your spiritual heart centre (“Hirda”):

**“Bin Gun Keetey Bhagat Naa Hoi”**

.... Without doing divine deeds you cant become a “Bhagat” (lover of God).  
(SGGS)

Spiritual journey (“Bandgi”) is done to bring all the divine qualities inside your spritual heart centre filled with extreme love ocean (“Hirda”). Qualities like :-

- Contentment,
- Patience,
- Humbleness,
- Love,
- Devotion,
- Forgiveness,
- Kindness,
- Non-violence,
- Being truthful,
- Seeing truth,
- Speaking truth,
- Hearing truth,
- Delivering truth,
- Serving truth,
- Faith and trust,
- Commitment and belief,
- Sacrifice,
- Generosity,
- Winning over mind and Maya,
- Desirelessness,
- No doubts and double-mindedness (“dubidha”),
- No illusions and delusions,
- Complete surrender with full and complete commitment,
- Faith and trust,
- Devotion and love to the Supreme God-Guru (“Gur”) and Guru,
- Loss of your own identity (me, mine, my)
- Giving everything (Body, Mind and Wealth) to the Supreme Guru-God (“Gur”) and Guru.

You keep on accumulating these divine qualities by doing them practically in your daily life and becoming very strong in exercising them. Then your Spiritual pilgrimage (“Bandgi”) will keep on enhancing and you will make a place for your soul away from the three-parts of Maya. A place for your soul in God’s court (“Dargah”). If you don't concentrate on Spiritual laboring (“Bandgi”) and bringing in these divine qualities in your spiritual heart centre (“Hirda”) by

practically doing them then you can loose the spiritual laboring (“Bandgi”). Or your spiritual laboring (“Bandgi”) will not see any progress (this is the reason why all of the masses are in realm of religion (“Dharam Khand”) or below realm of religion (“Dharam Khand”).

Similarly if you don't concentrate on Spiritual Laboring (“Bandgi”) (Recitation of loving God’s ever Lovabler name “Naam Simran” and Selfless service of all in one and one in all “Seva”) and give more than “Dasvandh” (tenth of time and money for Selfless service “seva” and Loving Recitation Of God’s name “simran”) every day, then you can loose everything you have gained. You can lose all the divine qualities that you have gathered:

**“Har Bisrat Terey Gun Galyaa”.**

...Forgetting God your goodness rots away  
(SGGS)

Spiritual Laboring (“Bandgi”) and accumulation of divine qualities complement and supplement each other. Spiritual Laboring (“Bandgi”) is not complete without all the divine qualities. And divine qualities will not come in unless you do Spiritual laboring (“Bandgi”). What is Spiritual Laboring (“Bandgi”)?

- Doing Remembrance of Holy God’s Love Name (“Naam Simran”) and Selfless Service (“seva”),
- Bringing in all the divine qualities inside you by putting them into practice,
- Checking that your behavior and deeds are all truthful,
- Practicing Love God-Guru’s divine blessed blessed Divine word-wisdom of Truth (“Gurbani”) and the Guru's words.

By doing this you will never fall down. You will always keep on flying higher and higher in the realms of the truth and will eventually become a complete truth in yourself. You will become “SAT ROOP” (Truth’s form, God manifested inside you) by yourself.

Please watch your daily actions, reactions, deeds, thoughts, visions, behavior, thinking on a continuous basis and try to practice all the divine qualities in your daily life. Little by little you will be able to bring in all these divine qualities inside your Spiritual Heart centre (“Hirda”) and make it a Saintly spiritual heart centre (“Hirda”) and take your spiritual laboring (“Bandgi”) to the acceptable standards of the God’s divine Court (“Dargah”) and become a Forever Bride Soul (“Sada Suhagan”).

Slave Of Slaves

(“Dassan Dass”)

## **23. Non-violence**

Non-violence is one of the most important and mandatory divine quality. We need to bring it inside us, inside our spiritual heart centre (“Hirda”) (heart “chakra”) by practicing it in our daily life.

Non-violence makes our Spiritual heart centre (“Hirda”) very compassionate and kind. These are the divine attributes that come inside our heart (“Hirda”) and are carved on it in golden words by virtue of practicing non-violence. Non-violence is one of the mandatory divine internal compliances – “Anderlee Rehit”, which makes our mind, soul and body compatible for collection of the God’s eternal love-wealth His Name Truth (“Naam Dhan”). Non-violence is one of the divine diamonds that is necessary to be carved inside your spiritual heart centre (“Hirda”) to become a forever Blessed Bride (“Sada Suhagan”). So only a Saint’s heart (“Sant Hirda”) is in full compliance of this divine quality of non-violence.

The soul and person who has become “Nirvair” (Hate-free) is in total compliance of this divine quality. That person will be single vision – “Ek Drisht” and sees the presence of Almighty in every part of Creation. He has no animosity with anybody and has no sense of revenge. He always thinks and does good to others irrespective of the fact if they are slandering him or are harmful to him in the broad worldly senses. Such a person will have all the spiritual powers and be able to do anything if he wants but stays with patience in Divine will of unlimited ultimate Lover’s love (“Hukam”) and never does any harm to others, physical or mental. He will always be absorbed in the betterment of others.

To be able to collect “Naam Dhan” (Ambrosial Nectar –God ‘s Name wealth) and get a continuous stream of Ambrosial Nectar (“Amrit”) flowing at all the times we need to understand the following. That it will be easier for us to exercise non-violence in our day today life if we are able to understand what non-violence means and how does violence affects our spiritual progress. We will need to understand the mechanism behind how non-violence and violence work.

Under most circumstances, violence is a very dangerous virus that infects your spiritual heart centre (“Hirda”). The compliance with non-violence means avoidance or elimination of violence from our daily life. Mostly people understand violence to do with killing or hurting somebody physically, but that it is more than that. There are four kinds of Non-Violence :-

### **1. Non-Violence of Mind**

Bad thoughts are counted as violence of mind. Whenever we think badly about others we are exercising violence of mind. A constant behavior of mind with bad thoughts is exercising



violence of mind against somebody, which develops a strong feeling of hatred and generates anger, or the anger is translated in to the bad thoughts. In the Spiritual journey (“Bandgi”) process conquering the mind is the most important thing. Controlling over the mind or winning over the mind is the main thing. So if the mind is violent then how can you win over it?

For achieving the complete silence of mind the first thing is to stop bad thoughts and have all good thoughts only and then eventually become thoughtless. All the bad thoughts or the violent acts of mind are recorded on the Invisible chapter of events (“Chiter Gupt”) and form your future destiny. The bad thoughts will make your future dark and the good thoughts will make your future bright. Bad thoughts will bring more sorrows and negativity into your life and good thoughts will bring in happiness and betterment in your life.

Now how do you determine if a particular thought is good or bad? The answer is very simple, if the thought is generated under the influence of Lust, Anger, Greed, Attachment and Ego/Pride, Slander, gossiping, hope, expectation, desire, deeper desires (“Kaam Krodh Lobh Moh and Ahankaar, Nindya, Chugli Bakhili Asa Trishna Mansha”), then it is a bad thought. The thoughts generated under the Truthful orientation (“Sato Birti”) - “Daya” – kindness, “Daan”-donation, “Dharam”-religious actions, “Sanjam” – patience, forgiveness, helping others and so on are good thoughts. Thinking positive and for the progress of all connected, friends and family, the community and the nation as a whole are good thoughts.

We should always engage ourselves in well-being for all (“Sarbat Da Bhala”), then only we can stay in ever increasing Blissful indescribable state (“Chad Di Kala”), that is why King all hearts Guru Nanak “Patshah Ji” has said:

*(“Nanak Naam Chad Di Kala Terey Bhaney Sarbat Daa Bhalaa”).*

Nanak : God’s Love-Name (“Naam”) gives spiritual bliss, by your Will may everyone benefit from it.

Many a times you will find yourself in a situation where you are very powerful physically and that you can take revenge. But the one who has conquered his mind will never take revenge. Rather, he will be very kind to the person who is prompting you to take revenge. The kindness and forgiveness will enhance your “Chad Di Kala” and not the feeling of revenge. So even bringing in the feeling of revenge in you is a crime on this path of eternity.

The sense of revenge will never bring your Karmas to an end. It will keep on multiplying the effect of such deeds and you will never be able to come out of the cycle of life and death because you will have to keep on continuing this battle of Karmas. To put an end to this never ending stream of your bad deeds you will have to take out the sense of revenge from your inside and replace it with forgiveness and kindness. Eventually, this will put an end to your Karmas. It will also convert all your sorrows to rewarding eternal happiness and Ever-lasting, Ever-rising love of eternity (“Chad Di Kala”).

## 2. Non-violence of Speech

Spoken violence is the violence created by your spoken words that hurt others physically and emotionally. Any words that upset you can upset others too and such words form this kind of a violence. This is another kind of violence that you will find happening in your day to day life. The words can be yours or the person or the people, your friends, your family members, your colleagues with whom you are interacting in your day today life. Abusing language, use of sarcastic words, words full of hatred and jealousy, words that will hurt other person's feelings and heart are counted as violent and dangerous. There is a famous example in the history of India – the basis or the basic reason behind the famous war of Great India (“MahaBharata”) was a few bitter words spoken by the queen “Dropti” of five “Pandvas”. She just said to “Duryodhan”, “Blind son of a blind father!”. “Duryodhan” was “Kaurav” Son and cousin of “Pandvas”, and when once he was visiting the “Pandavas” he wanted to go around the very specially created mansion of the “Pandvas”. While going through this mansion “Duryodhan” could not see the wall in front and slammed in to it. Then he could not differentiate between a pool of water and floor and fell into the pool. Queen “Dropti” was watching him, she laughed at him and said “blind son of a blind father.” Incidentally “Duryodhan's” father King “Dhritrashtra” was blind from birth so he really took it to heart and took an oath to take a revenge of this with “Dropti”. These words eventually led to the notorious gambling game between “Kaurvas” and “Pandvas”, where “Pandvas” lost everything to “Kaurvas” including Queen “Dropti”. She was brutally disrespected in the royal Court (“Durbaar”) by trying to undress her, however Lord Krishna protected her. This incident further led to the famous war of “Maha Bharata” where millions of people were killed including all the “Kauravas”. The lesson to learn here is that just a word was enough to create so much of hatred and anger which led to a very destructive war involving so many kingdoms and kings.

This is called the power of the word, a bad word can cause unlimited violence but at the same time a TRUTH WORD FULL OF DIVINE LOVE (“SAT Shabad”) can unite you with Almighty. A good word can bring peace and harmony; a word full of love can bring in respect and love among us. A word of devotion, faith and trust can make us one with God and make us spiritually so powerful and bless us with Ever Rising Blissful State of Love (“Chad Di Kala”) forever. Please watch your words very carefully in your day today's life and always keep in mind to speak only the truth and sweet words:

(“*Mith Bolra Ji Har Sajjan Swami Mora*”).  
My Lover/Friend and Master speak sweetly.

Another way to explain it is that each one of you must have experienced in your own lives on a daily basis what is the outcome of using abusive or swear words. The results sometimes even lead to killing people. Just think that if a swear word can be so powerful that it can create so much anger, hatred and violence that a person can go to the extent of killing someone, than what will be the power of “SATNAAM”, which is the Eternal Beyond beginning Name of One utmost love filled ocean of unlimited kindness & Love -GOD, the origin, the eternal truth, its power is just unlimited like God Himself? If a swear word can bring destruction, then “SATNAAM” can

bring peace, the eternal and internal peace, love, kindness, compassion, devotion, love, forgiveness, contentment, patience and all these divine qualities in you.

### 3. Non-Violence of Written Words

In yesterday's U.S news (Jan 17 2005) we heard that a religious fanatic murdered a family in New Jersey. The deceased, a father of two girls and a husband, is believed to have had very strong views about some religious fundamentals of his community and used to communicate with people on the Internet. The killer got so disturbed and angry with him that he tracked him down and killed not only him but all his family as well. This is the height of violence actuated by the writings of the diseased person.

Even in Sikhism on various Sikh sites and discussion groups you can read the views of some people, which are full of hatred and anger. No religion teaches hatred, bigotry and discrimination. No Guru teaches hatred and discrimination. No Guru teaches to be violent in thoughts, spoken words, written words or physical violence. The people who do so are not following the religion or their Guru. So the violence provoked by the writings can be so dangerous and can cause such acts. Please watch your communications while you are writing and always practice non-violence in your writings.

### 4. Non-violence of Body

This is the extreme of the violence when we take our hatred and anger out physically on others. This is when the hatred and anger is transformed into physical actions of violence such as beating someone, beating to death, or killing someone, looting someone's belongings and property, bribery and extortion, adulteration of goods of common use, stealing someone's belongings and so on. Killing of innocent animals is also considered under this kind of violence and should be avoided.

Mahatma Gandhi exercised non-violence of all kinds and emerged successfully in meeting his objective of mobilizing the masses of India and fought for freedom of India successfully with so powerful British Empire and brought freedom to the Indian people.

Violence of any kind will bring sorrows and destructions and non-violence will bring in peace and harmony in the society. In your hearts and where there is peace there is God. God lives in that body which is fully and completely peaceful inside out. Complete silence is the highest state of Transcendental meditative state full of divine love ("Smadhee"). Non-violence is one of the highest and most important internal compliance – ("Andarlee Rehit"), which is mandatory for

your spiritual progress, Laboring of eternal love being's love filled name ("Naam ki Kamai") and Ever rising never falling ever lasting State of bliss & Love ("Chad Di Kala").

Slave of Slaves  
("Dassan Das")

#### RESPONSE:

ONE GOD NAME-TRUTH FOUND BY ETERNAL TRUTH-GURU'S EVER LOVED  
BLESSING ("IK OANKAAR SATNAAM SATGUR PARSAAD")  
Great Great Beyond Description, Beyond Limits Of Universe Ever Loving Supreme Lord Of All  
("Dhan Dhan Paar Braham Parmesar")  
Great Great Beyond Limits Always Forever Drenched With Love Supreme Guru-God-Guru-  
Divine Word-Wisdom Of Guru-Truth Guru  
("Dhan Dhan Gur-Guru-Gurbani-Satgur")

Great Great ever Love filled Supreme Guru-God Truth Congregation  
("Dhan Dhan Gur Sat Sangat")

Guru's Lovable ("Pyare") Dear Inderjit "Jee":  
Responses to your message:

Gandhi did not free India, he was one person involved in a struggle, which took the lives of thousands and destroyed the lives of thousands. I cannot recall him ever having to take a blow with a stick ("lathi") to his head! No the leaders take the credit while the common man suffers for his ideals!

RESPONSE: This is a highly controversial subject and can drag us in to very unfruitful discussion without achieving anything. The key point is the non-violence and we should try to learn from the incidents happened in the History, the same way as we enhance our learning by looking at the lives of the Guru Blessed King of kings ("Sahibans"), Supreme Knower of Universal Truth-Wisdom ("Braham Gyanis"), Saints ("Sants") and Lovers Of GOD ("Bhagats") those have brought peace and harmony to the society burning in the fire of Age Of Falsehood ("Kalyug").

And "Gandhi" is a terrible example to use especially on a Sikh based article, the guy insulted the gurus and you use him as your champion?

RESPONSE: This kind of thinking promotes hatred, negative criticism and inner violence, please keep in mind that over here we are talking of Complete-Unconditional Loving Of God ("Puran Bandgi") and Selfless Service with Love ("Seva") and nowhere in the Wisdom of Guru –Divine

Word-Guru “Gurmatt – Shabad Guru” Gurbani such an act is permitted, the Guru King of kings (“Sahibans”) have established divine traditions of giving and sacrifice and the extent of giving & sacrifice has well been established by the Guru King of kings (“Sahibans”), giving their own lives, the lives of their entire family for the betterment of the others, no matter who those others were and to what sect of the society they were born and raised or to whatever so called man made religions they belonged to. According to the Guru, always Truth Divine Word-wisdom (“Gurbani”) the entire human race is same. There is no place for hatred, discrimination, prejudice, abuse, and violence on the Path Of Complete spiritual laboring (“Puran Bandgi Marg”). Remember your Guru King of all Hearts (“Sahibans”) have given everything for protecting others, that is the tradition established by these super spiritual soul forms of formless (“Nirankaar Roop”) Lover and we all have no right to undermine their love and devotion for eternal truth, Unchangeable Undying Unshakable, Indestructible, endurance Divine Will (“Atal Hukam”) and service of the eternal truth –Without-Attribute Form of Beyond Universal Limits Love of All Supreme Lord (“Nirgun Saroop Paar Braham Parmesar”). Utmost Humbleness, “Ek Drisht” – Single Vision –“Nirvair” - no animosity and doing good to those who are doing bad to you (“Farida Burey Daa Bhalaa Kar”) are the divine qualities and going away from these qualities can’t make you a Sikh, only bringing in all the divine qualities inside your Spiritual Heart Centre (“Hirda”) and make it as big as you can will move you upward in Ladder of Sikhism. This subject of non-violence has nothing to do with any man made religions or sects of the society, again the key point is the non-violence and we should learn this aspect of the divine game from wherever we can learn and make our lives sublime.

I look forward to your article on why “guru ji” gave us the Sword (“kirpan”)? why the gurus kept armies, fought battles, sent “Banda Singh” to deal with Sirhind, why 6th guru punished “Chandhoo”, why Great guru “ji” burnt the Religious heads of temples (“masands”) etc etc etc. Was Dear Guru “jis” firing of his arrows after being struck in the Stomach on belt area (“kamarkasa”) revenge or was it a reply to aggression?

RESPONSE: Fighting for the eternal truth and mind it we are talking of the eternal truth is not non-violence, the sacrifices and fights by the King Of Kings Guru (“Sahibans”), “Baba” Great respectable love form of almighty “Banda Bahadur Ji” was for the service of the eternal truth, for delivering the truth and end the social crimes and atrocities on the innocent people and Eternally Blessed graceful Loved one “Baba Banda Bahadur Ji” was Great great dear “Dhan Dhan” blessed by the Lovable Tenth King Of Kings (“Dassam Patshah Ji”) in person, which means that He was a Complete love-filled Pure Being full of compassion (“Puran Khalsa”), a Complete Knower of universal Truth Wisdom (“Puran Braham Gyani”). But any fight based on communal differences, any fight based on hate, discrimination and prejudices can never be justified as a fight for the eternal truth. Now here you are talking of Guru King of Kings (“Sahibans”) – they were Form of Formless One (“Nirankaar Roop”) Complete Universal knowers of unlimited ultimate love-filled graceful blessed Wisdom of TRUTH (“Puran Braham Gyanis”) Saint Truth-Gurus (“Sant Satgurus”), and the life of a common person can’t be compared with them, there is a difference in a Complete Knower of Universal TRUTH-Wisdom filled with Love, a Complete Saint Truth-Guru (“Puran Braham Gyani Sant Satguru”) having Armors & Weapons (“Astars and Shastars”) and a common person wearing a Sword (“Kirpan”) – and this aspect is grossly misunderstood by the masses, you don’t become a Pure Being (“Khalsa”) until you have a Complete Enlightened Flame of Love, Light & Truth Wisdom (“Puran Jyot Parkash”) in

your spiritual heart centre (“Hirda”), a Complete Pure Being (“Puran Khalsa”) is a Complete Universal Knower Of Truth Wisdom (“Puran Braham Gyani”), a Complete Pure Being (“Puran Khalsa”) is a Full & Complete Truth-Guru (“Satgur Pura”), (please read the article on What is a Pure Being “Khalsa”), a Complete Pure Being (“Puran Khalsa”) is Beyond the three qualities of Maya (“Trihu Gun Tey Parey”), a Complete Knower of Universal Wisdom (“Puran Khalsa”) is the one who has merged in the Formless without attribute Form of Greatest Love form Greats in all Lover of all Supreme Lord of all Lords (“Nirgun Saroop of Dhan Dhan Paar Braham Parmesar”), a Complete Pure Being (“Puran Khalsa”) is the one who enjoys the Inner Soul Nectar – Complete illumination (“Atum Rus Amrit – Puran Parkash”) on a continuous basis, a Complete Pure Being (“Puran Khalsa”) is the one who has completely won over the Maya and desires and has achieved the Supreme Status of Love & Light (“Param Padvi”), a Complete Pure Being (“Puran Khalsa”) is the one who has earned the internal compliance of winning over the Maya and Complete Flame of Love & Light (“Puran Jyot parkash”) inside the Spiritual Heart Centre (“Hirda”). There is a difference in such a soul wearing Armors & Weapons (“Astars and Shastars”) and a common person wearing a Sword (“Kirpan”), who is in the Realm of Religion (“Dharam Khand”) or below and is buried under 40 feet deep scum of Maya, who is governed and controlled by Maya. All the Sikhs who fought with the Guru were are blessed eternally by the Guru King of Kings (“Patshah Ji”) and were spiritually elevated souls, they were not like us, and they gave their lives to the Guru and achieved salvation by dying for the Guru. So if you can become a Complete Pure Being (“Puran Khalsa”) and given the Divine Love-command (“Hukam”) by the Lover Of all, All In One & One In All Timeless Eternal Being (“Akal Purakh”) as was given to Dear Dear Great Love-filled Form of Formless Lover Tenth King Of Kings (“Dhan Dhan Dassam Patshah Ji”) or Dear Love-filled (“Dhan Dhan”) Sixth Guru King Of Kings (“Patshah Ji”) then you can pick up your Armors & Weapons (“Astars and Shastars”) for the service of the Eternal Truth, for the purpose of delivering the eternal truth, then we will come and take your Feet’s watered Nectar (“Charna Amrit”) and sacrifice our life your you. If you become what Guru wants you to become then we will be your slave forever.

Many of your articles are good, however regarding this topic; i feel you have missed the mark in some aspects. I would suggest that Sikhism is not a dharma that practices strictly non violence there is a time and a place for it.

RESPONSE: Do you still think we missed the mark? Let us take ourselves to that mark of spiritual excellence, internal excellence, internal compliance and be what the Guru wants us to be – become Complete Pure Being (“Puran Khalsa”) and reach the Supreme Status (“Param Padvi”) then we will be able to distinguish between what is truth and what is not truth and unless we become capable of serving the truth and delivering the truth we can’t claim ourselves as the Sikhs of the Guru, unless we have surrendered ourselves completely to the Guru and earned the Blessed blessed eternally graceful Gift of Supreme Guru-God (“Gur Parsaad”) That is Ambrosial Nectar God’s Name TRUTH Complete Spiritual laboring (“Naam Puran Bandgi”) and Selfless Service – Philanthropy (“Seva – Parupkaar”) and Super Philanthropy (“Maha Parupkaar”) and become a Complete Pure Being (“Puran Khalsa”) with Complete Flame of Light & Love (“Puran Jyot Parkash”) inside our Spiritual Heart Centre (“Hirda”) then only we have the right to wear and use the Armour & Weapons (“Astars and Shastars”) for serving the eternal truth.

Kind regards

Thanks to the Supreme Guru-God (“ Gur”) and the Guru for giving us an opportunity to communicate with you. Please feel free to communicate.

Slave of Slaves  
Dassan Dass

## 24. Self-slander

Self-criticism is the best thing one can do to reach the higher realms of the Eternal Truth. Whereas self praise does the opposite.

“Self Ki Nindya” (slandering your own self) is the only slander one should be doing. Pointing a finger at one’s self (instead of pointing and blaming others) is the key to success on the spiritual path. It brings in the “Garibi ves Hirda” (heart of humbleness). And whichever spiritual heart centre (“Hirda”) has the “Garibi” humbleness the Almighty lives in there. The “Garibi Ves Hirda” is humility, the utmost humility. It is seeing everyone else as above us, and our self as lowest of the lowest, the slave of the slaves, the “Charan Dhool” (foot dust) of the “Kot Brahamand” (countless realms of Creation), the “Charan Dhool” (foot dust) of the entire creation. This is when there is a death of ego (“haumai”) and death of ego means “Jivan Mukti” (liberated while alive). The death of ego means winning over Maya. The death of ego means the entire creation is revealed as the (body of God) Attribute full form of Timeless lover of all (“Sargun Saroop of Akal Purakh”). The death of ego means the achievement of the (“Dib Drisht”) inner vision when the divine eye opens and everything becomes “Sargun Saroop” embodiment of God around you.

You are a “Dhan Dhan” (great great) soul who is full of humility. Please keep it up, you are doing great, please dedicate yourself more and more to Complete Lovable Utmost sacrificial spiritual laboring (“Puran Bandgi”) and you will be doing better and better.

We are just the “charan dhool” foot dust of you all, of the enlightened ones, we are nothing, no Saint by any means. We are just a “dass” servant of “bishta ka kira” worm in manure. We will always be a sacrifice to you all doing Loving recitation/remerance of utmost pure-pious-always present Name of Love Lord TRUTH “Satnaam, we will always remain under the dust of your pure and pious feet and shoes.

Slave of Slaves  
 (“Dassan Das”)

## 25. Dedicate mind, body and wealth

We are just a “Dassan Dass” - servant of God's servant and not a Saint by any means. We are just a humble servant of you all and would like to remain like that. We are just the dust of the feet (“Charans”) of the entire creation and will be very happy to remain like that forever. With the Eternal Grace of Almighty-God-Guru (“Gur Kirpa”) we are doing great as ever.

The ones who give their everything to the Gur - God the Highest Guru - the Supreme Light, and Guru - the one within whom the Gur is manifested, become free of desires and reach the heights of spiritual words. Such souls always live in the Court of Lover God (“Dargah”). They adhere to the following mandatory divine law of the Divine Supreme Court of Compassionate God (“Dargah”):

Give Body (“Tann”), Mind (“Munn”) and Wealth (“Dhann”) to the Gur-Guru.

Body (“Tann”) :

- by dedicating to the Selfless service (“Seva”) of Supreme Guru-God (“Gur”) and Guru,
- the Selfless service of Name of unlimited Lord of Love TRUTH (“Seva of the Satnaam”),
- the selfless service (“Seva”) of the Truth by serving and delivering the Truth,
- by seeing and speaking the truth,
- by writing and communicating truth to the masses,
- by giving/delivering TRUTH “Satnaam” and Supreme God-Guru’s eternal love and gift of grace (“Gur Parsaad”) to the Sangat - congregation.

Mind (“Munn”) :-

- by listening and accepting the words of the Supreme God (“Gur”) and Guru,
- by listening and doing God-Guru’s eternal blessed word-wisdom of Truth & Love (“Gurbani”),
- by becoming the word-wisdom of God-Guru (“Gurbani”),
- by leaving their own wisdom and taking divine wisdom of the Supreme Guru-God (“Gur”) and Guru
- and earning this divine wisdom by bringing it into the daily actions and deeds.

Wealth (“Dhann”) :

- by giving Tenth (“Dasvandh”) of the earnings to the selfless service (“Seva”) of Supreme Guru-God (“Gur”) and Guru become
- (“nirlep”) unattached from Maya,



- become free from the (“Haumai”) ego and (“Panj Doots”) Five thieves: pride, attachment, greed, lust, anger).

Dassan Dass

## 26. Inspiring Quotes

### Quotes from Sai Baba

Start the Day with Love;  
Spend the Day with Love;  
Fill the Day with Love;  
End the Day with Love;  
This is the way to God.

Before you speak,  
Think - Is it necessary?  
Is it true?  
Is it kind?  
Will it hurt anyone?  
Will it improve on the silence?

I - Want - Peace  
"I" is ego.  
"Want" is desire.  
Remove ego and desire...  
and you have PEACE.

Love as Thought is Truth.  
Love as Action is Right Conduct.  
Love as Understanding is Peace.  
Love as Feeling is Non-violence.

Reach the point where churches, temples, mosques do not matter,  
where all roads end, from where all roads run.

Honor all religions.  
Each is a pathway to God.

I have come to light the lamp of love in your hearts,  
to see that it shines day by day with added luster.

Your heart must be transparent, like glass,  
with spiritual light within illuminating the whole world.

I shall be with you, where ever you are, guarding you and guiding you.  
March on, have no fear.

Duty is God; Work is worship.  
Even the tiniest work is a flower placed at the Feet of God.

Cultivate a nearness with Me in the heart and it will be rewarded.  
Then you too will acquire a fraction of that Supreme Love.

Duty without love is deplorable.  
Duty with love is desirable.  
Love without duty is Divine.

Peace can only be won the hard way,  
by eliminating violence and greed from the hearts of individual.

The secret of happiness is not doing what one likes to do  
but in liking what one has to do.

The end of wisdom is freedom.  
The end of culture is perfection.  
The end of knowledge is love.  
The end of education is character.

First you must grapple with the fact that duty is God and start doing your duty.

I have come not to disturb or destroy any faith, but to confirm each in his own faith  
- so that Christian becomes a better Christian,  
the Muslim, a better Muslim,  
and the Hindu, a better Hindu.

Transmuting "man" into "God" and experiencing that Ananda or Bliss  
is the one and only achievement for which life is to be devoted.

The minimum qualifications for Grace is surrender of ego.

The treasure that is precious is the quality of even mindedness in all situations.

The joy of being the master of senses is far greater than being their slave.

Your progress is reflected back as Grace,  
your decline is reflected back as its absence.

The mirror just reflects.  
It has no partiality or prejudice.

Sathya (Truth) is what I teach;  
Dharma (Right Behaviour) is the way I live;  
Shanti (Peace) is the mark of My personality;  
Prema (Pure Love) is my very Nature.

Peace is a shoreless ocean - it is the light that illuminates the world.

Virtue is the sign of the educated person.  
This is what makes education worthwhile.

God can be felt and experienced only in the deepest depths of silence.

Education must remove hatred between the pilgrims on the various roads to God.  
There is only one God, one Goal, one Law,  
one Truth, one Religion and one Reason.

To help the helpless is the only way to please, follow and reach Him.

Mind, word and act; all three must be filled with the belief that all is His play;  
that is the genuine path.

You are in the Light, then the Light is in you, You are the Light.

Desire is storm, greed is whirlpool, pride is precipice,  
attachment is avalanche, ego is volcano.  
Discard desire and you are liberated.

Devotion has to be unintermittent, uninterrupted,  
like the flow of oil from one vessel to another.

Human society minus God is equal to a forest of brutes.

Bear all and do nothing;  
Hear all and say nothing;  
Give all and take nothing;  
Serve all and be nothing.

Man minus immorality is Immortality.

God is for those who are not for themselves.

So long as the sugar is on the tongue,  
you feel the sweetness in taste.

Similarly, so long as the heart has love, peace and devotion,  
you feel the bliss.

If you will not rise above the things of the world, they will rise above you.

Praying is your task;  
what happens to the prayer is dependent on the Grace of God.

Seek out your faults and other's merits.  
Seeking other's faults is dire sin.

Your duty is to pray for the welfare of the world  
and to work for it as far as it lies in your power.

Earning money cannot be the purpose of education.  
Acquiring good qualities can be the only purpose of education.

True devotion must not get dispirited; nor elated or satisfied with lesser gains;  
it must fight against failure, loss, calumny, calamity, ridicule  
and against egoism and pride, impatience and cowardice.

Follow the Master;  
Face the devil;  
Fight to the end;  
Finish the game.

If animal feelings are washed out, Divine feelings begin to overflow instead.

A man who has no love in him is as barren as a cloud with no moisture,  
a tree with no fruits or a cow yielding no milk;  
he is ever far from God and can never earn His Grace.

Life is a bridge over the sea of changes.  
Do not build a house on it.

In the innermost recess of your heart  
there is a reservoir of peace  
where you must take refuge.

Employ yourself usefully. Be like a trustee, holding on trust, on behalf of God,  
for the purpose which He likes and approves.

Hear good things, see good, do good, think good,  
then you get the Grace of God,  
as all the evil tendencies will be uprooted.

All are expressions of the same God,  
as bulbs lit by the same current through manifold colours and wattage.

Have faith in His Grace and lead a virtuous life,  
a life devoted to the service of the weak;  
a life spent in the thought about the might and glory of God.

The refinement of an individual is measured by the yard stick of sense control.

Prayer must emanate from the heart, where God resides,  
and not from the head where doctrines and doubts clash.

You have come from God, you are a spark of His Glory;  
you are a wave of that Ocean of Bliss;  
you will get peace only when you again merge in Him.

See God in every one you meet; see God in every thing you handle.  
Live together, revere each other,  
let not the seeds of envy and hate grow and choke the clear stream of Love.

Make your life a rose, that speaks silently in the language of fragrance.

Be in the world, but let not the world be in you.

Be like the lions in the spiritual field,  
rule over the forest of the senses and roam fearlessly with full faith in victory.

The heart with compassion is the temple of God.

Start early, Drive slowly, Arrive safely.

Watch your Words, Action, Thoughts, Character and Heart.

Education softens the heart.  
If the heart is hard, one cannot claim to be educated.

Faith in ourselves and faith in God:  
this is the secret of Greatness, for God is Love.

Good ideas, good conduct and adherence to Truth should result from our education.  
Only those who acquire these qualities can be called truly educated.

Devotion to the Divine will give you Bliss, Prosperity and Peace.  
It cannot inflict pain, perturbation or personal anxiety.  
It fosters love and brings all together as one band of brothers.

Every action of yours at the present time is bound to have  
a reaction, resound and reflection in the future.

Doing one's duty, however small, in an unattached manner  
gives rise to the awakening of self awareness.

Bend the body, mend the senses and end the mind  
- this is the way to Immortality.

Why fear when I am here?  
Put all your faith in Me.  
I shall guide you and guard you.

Try within your means to satisfy the needs of the poor.

If you place complete faith in the Lord at all times, you will receive His Grace.  
Grace takes away the pain of Karma.  
The Lord can save man completely from Karma.

God has no preferences and prejudices;  
His is but reaction, reflection and resound.

Where there is Faith, there is Love;  
Where there is Love, there is Peace;  
Where there is Peace, there is Truth;  
Where there is Truth, there is God;  
Where there is God, there is Bliss.

Life is Love, enjoy it;  
Life is Challenge, meet it;  
Life is a Song, sing it;  
Life is a Dream, realize it;  
Life is a Game, play it;  
Life is a Goal, achieve it.

Ego lives by getting and forgetting;  
Love lives by giving and forgiving;  
Love is expansion; Self is contraction;  
Self is lovelessness; Love is selflessness.

There is only one religion, the religion of Love;  
There is only one language, the language of the Heart;  
There is only one caste, the caste of Humanity;

There is only one law, the law of Karma;  
There is only one God, He is Omnipresent.

Haste makes waste;  
Waste makes worry;  
So do not be in a hurry.

You are not one person, but three:  
The one you think you are;  
The one others think you are;  
The one you really are.

Money comes and goes; morality comes and grows.

Nations are many, but Earth is one;  
Beings are many, but Breath is one;  
Stars are many, but Sky is one;  
Oceans are many, but Water is one;  
Religions are many, but God is one;  
Jewels are many, but Gold is one;  
Appearances are many, but Reality is One.

Come just one step forward,  
I shall take a hundred towards you.  
Shed one tear,  
I shall wipe a hundred from your eyes.

The proof of rain is in the wetness of the ground;  
the proof of devotion is in the peace the aspirant has attained.

Every experience is a lesson, every loss is a gain.

You should completely forget the help rendered by you to others  
and the harm done to you by others.

If wealth is lost, nothing is lost.  
If health is lost, something is lost.  
If character is lost, all is lost.

The body has to be utilized for service to others.  
More bliss can be got from serving others than from merely serving oneself.

You should consider every individual as God.  
This is true worship.

You are not doing service for others.  
You are doing it always for yourselves, to the God in you,  
the God who is equally present in others.

If it is good and will harm no one, go ahead.  
If it is not good, put it aside.  
If not sure, do nothing until sure.

What is needed today is that we should lead a life of good quality.  
The fostering of sterling character and good conduct is the need of the world.  
Once we have greater numbers of such people of good quality,  
the country and the world will become prosperous and peaceful.

You must act ever in the consciousness of your divinity  
and recognize in each being, a brother, a child of God.  
The whole world is one family.

The only permanent change is slow, steady change.

If God you think, God you are.  
If Dust you think, dust you are.  
As you think, so you become.  
Think God, be God.

Those who seek to acquire steadiness of faith  
must first acquire the strength to bear grief and pain, insult and injury.  
The succession of joy and grief must help confirm the faith and make it immovable.  
That alone can evidence true devotion.

Failures are stepping stones to success.

Individual spiritual practice is the negative pole and service is the positive pole.  
The conjunction of both poles can alone bring success.  
The mind carries the divine principle (the light of love)  
and conveys it to all who contact it.

We can be successful leaders only if we are disciplined followers,  
who do not issue commands to others  
but rather set an example of service in our actions.

If you have the inclination to do good work,  
God will give you the time to do good things.



Man falsely imagines "I am doing this", "I am planning this".  
It is the supreme, all pervasive consciousness  
that motivates, unfolds the skills and operates the intellect.

Let God work through you and there will be no more duty.  
Let God shine forth. Let God show Himself.  
Live God, Eat God. Drink God. Breath God.  
Realize the Truth and the other things will take care of themselves.

Treat all as your own self.  
Do not have a double standard.

What you would desire others to do for you, you should do for others.  
You should respect others as you want to be respected by them.

Love all men without distinction.  
Know that mankind is a single community.

Is the intention pure, selfless, born out of love?  
Is it based on truth? Does it result in peace?  
If so, it is a right action.

True humanness consists of a continuous series of tiny acts  
executed with absolute sincerity and largeness of heart.

The quality of one's feelings determines one's future.

Think before speaking.  
Think before acting.  
Then go ahead  
If you feel good about it.

See good  
Hear good  
Speak good  
Do good  
Be good

If you strive to find your Self by using your mind,  
you will strive and strive in vain,  
because the mind cannot give you the Truth.  
You ARE that Self. All else is illusion of the mind's creation.

Every being in the universe has the potentiality of transcending the senses.  
Even the little worm will one day transcend the senses and reach God.  
No life will be a failure. There is no such thing as failure in the universe.

More than listening to a hundred lectures or delivering them to others,  
offering one act as genuine service attracts the Grace of God.

We should not aspire for acclaim and praise from those around us,  
but do service only to secure the Grace of God  
and not for any other reward from any one.

Bury bad thoughts under good ones.  
Then the bad ones will just fade away and be forgotten.

Living is not enough; it has no value by itself.  
It is the motives, the feelings, the thoughts, the attitudes  
that prompt the day to day life that matters.

Secure spiritual bliss first and then try to convey it to those who thirst.  
When the tank is dry, how can the taps give water?

Always try to put yourself in the position of the other  
and judge your action against the background.  
Then you will not be wrong.

Make the mind, the voice and the actions agree in harmony.  
That is the right way of life.

Impurity is a mere superimposition  
under which the real nature of man has been hidden.

Where divinity is sought after, one ought always to behave in the spirit of Love,  
devoid of the slightest trace of hate, envy and anger.  
When one cultivates the inner look,  
one attains the conviction of the basic equality of all.

What is heard has to be pondered over.  
What is pondered over has to be put into practice.  
It is only when all three are accomplished  
that the realization of Bliss can be attained.

The secret of perfect health lies in keeping the mind always cheerful  
- never worried, never hurried, never borne down by any fear, thought or anxiety.

The pure heart is the best mirror for the reflection of Truth.  
So all these disciplines are for the purification of the heart.  
As soon as it is pure, all truths flash upon it in a minute.

O Lord, take my love and let it flow in fullness of devotion to Thee.  
O Lord, take my hands and let them work incessantly for Thee.  
O Lord, take my soul and let it be merged in oneness with Thee.  
O Lord, take my mind and thoughts and let them be in tune with Thee.  
O Lord, take my everything and let me be an instrument for thy work.

Religion is three-fourths character.  
Only those who preserve character can be pronounced truly religious.

Desire destroys devotion, anger destroys wisdom, greed destroys work  
- hence these bad qualities must be sacrificed.  
With good and sweet words, keeping desires under check and control (for ultimate removal), one  
should start on the path of sacrifice.

Man derives all the joy and peace that he needs from within himself  
and not from sources outside himself.  
So the best spiritual discipline is:  
strengthen the inward vision.

Anything that helps you maintain unruffled equanimity is right action.

True love expands the self;  
attachment contracts it.

Moderation in temper is virtue.  
Moderation in principle is a vice.

The harder the circumstances, the more trying the environment,  
the stronger are those who come out of those circumstances.

That which happens physically on the outside in terms of actions  
is not of major importance.  
What is important is that which comes from inside.

This body is the residence of God.  
The food you take is the offering you make to him.  
Your act of bathing is the ceremonial bathing of Him who is in You.  
The ground you walk on is His domain.  
The joy you gain is His gift.

The grief you experience is His lesson.  
Remember Him ever, in sun and rain, day and night, asleep and awake.

Offer service and receive love.  
This is the recipe for experiencing Divinity.  
Our love should not be confined to our kith and kin.  
It must extend beyond the family to society as a whole,  
then to the nation at large and finally embrace the whole world.

Whatever books you may read,  
you cannot realize the Divine merely by intellectual effort.  
One must put it into practice.  
That sense of Oneness can only be promoted  
by the practice of love and not by any other means.

It is not what you have achieved that is important.  
It is the broadness of heart that has motivated you to do work that counts.  
Being broad minded with a selfless attitude, humility and obedience,  
you should try to share the difficulties of others around you.  
It is the purity of heart that is more important than the magnitude of the work itself.

Our relationships are heart to heart relationships.  
Ours is a business of love, not a business of money or materials.

For the progress of humanity, work alone is not adequate,  
but the work should be associated with  
love, compassion, right conduct, truthfulness and sympathy.  
Without the above qualities, selfless service cannot be performed.

God will not ask you when and where you did service?  
He will ask, with what motive did you do it?  
What was the intention that prompted you?  
You may weigh the service and boast of its quantity.  
But God seeks quality  
- the quality of heart, the purity of mind, the holiness of motive.

Living with God is education  
Living for God is Service  
Living in God is Realization

Unity is Divinity.  
Purity is Enlightenment.

Reform the body, reconstruct the mind, regulate the way of living,  
then, the country will become automatically strong and prosperous.

The first step in the Sadhana (Spiritual Progress) is the cleansing of the speech.

Talk sweet without anger.

Do not boast of your scholarship or attainments.

Be humble, eager to serve; conserve your speech.

Practice silence.

That will save you from squabbles, frittering thoughts and faction.

Spend a few minutes every morning and evening

in the Silence of your own shrine or home;

spend them with the highest of all the Powers that you know of.

Be in His Elevating and Inspiring company;

worship Him mentally;

offer unto Him all the work you do;

you will come out of the silence nobler and more heroic than when you went in.

Forget the harm that anyone has done to you,

and forget the good that you have done to others.

There is only one royal road for the spiritual journey...Love

Be Silent yourself, that will induce Silence in others.

Do not fall into the habit of shouting, talking long and loud.

Reduce contacts to the minimum.

Carry with you an atmosphere of quiet contemplation,

wherever you happen to be.

Learn the value of Silence, of Namasmara, of Bhajan, of Japa, of Dhyana,

of single minded remembrance of the Lord, of the association with spiritual kin.

These will stand you in good stead, when distress assails you.

The less you talk, the more will become your mental power.

With the increase in your mental capacity,

there will be increase in your power of discrimination too.

Consequently, you will give up "individual discrimination".

Because of this, you will begin to consider the good of the world at large  
rather than your own individual welfare.

The voice of God can be heard in the region of your heart

when the tongue is stilled and the storm is tilled and the waves are calm.

There will be no temptations for others to shout when you talk to them in whispers.

Set the level of the tone yourself; as low as possible,  
as high as necessary to reach the outermost boundary of the circle you are addressing. Conserve  
sound, since it is the treasure of the element akasa,  
an emanation from God Himself.

Reason can prevail only when arguments are advanced  
without the whipping up of sound.

Silence is the speech of the spiritual seeker.

Soft sweet speech is the expression of genuine love.

Hate screeches, fear squeals, conceit trumpets.

But love sings lullabies. It soothes. It applies balm.

Practice the vocabulary of love; unlearn the language of hate and contempt.

Silence is the only language of the realized.

Practice moderation in speech. That will help you in many ways.

It will develop Prema, for most misunderstandings and factions arise out of carelessly spoken  
words. When the foot slips, the wound can be healed; but when the tongue slips, the wound it  
causes in the heart of another will fester for life. The tongue is liable to four big errors: uttering  
falsehood, scandalizing, finding fault with others, and excessive speech. All these have to be  
avoided if there is to be Santhi for the individual as well as for society.

Good works never languish for want of funds; the Lord will come to their rescue. Only it may  
take some time; do not lose heart... You should not collect money in devious ways. Help should  
come from pious hearts, from well earned money, from persons who know and appreciate the  
purpose for which they give. That is why I oppose all benefit shows, where you tempt people  
with a dance or a drama or a film and collect money for your pet plan.

In all effort, if you trust in a Higher Power which is ready to come to your help, work is made  
easy. This comes out of Bhakthi, reliance on the Lord, the source of all Power. When you travel  
by train, you have only to purchase the ticket, enter the proper train and take a seat, leaving the  
rest to the engine. Why should you carry the bed and trunk on your head? So too put your trust in  
the Lord and carry on to the best of your ability.

You have been born because you did not pass in certain subjects; there is some balance of  
experience which you must acquire to complete the course. If you get convinced that your true  
nature is the Atma, then you have finished the course and 'passed'.

You should see that no dirt settles upon the mind; that is to say, you should move about in such  
company that dirt is avoided. Falsehood, injustice, indiscipline, cruelty, hate -- these form the  
dirt; Sathya, Dharma, Shanthi, Prema -- these form the clean elements. If you inhale the pure air  
of these latter, your mind will be free from evil bacilli and you will be mentally sturdy and  
physically strong.

The year becomes new, the day becomes holy, when you sanctify it by spiritual discipline, not otherwise.

All life is one, my dear son, be alike to every one.

Do not crave for recognition and respect from others;  
crave rather for winning grace from the Lord.

God is love, live in love.

The Lord will be watching with a thousand eyes the least activity of man to discover any slight trace of selfless love sweetening it.

A sound mind ensures a sound body; a sound body ensures a sound mind.

The body will shine if the character is fine;  
service of man and worship of God will preserve its charm.

The peace that pervades the heart can never be shaken for any reason;  
only peace of this kind is worthy of the name.

Love all beings; that is enough.

The grace of God is like insurance. It will help you in your time of need without any limit.

The service of man is the only means by which you can serve God.

God is in you  
God is in every word of yours,  
Every deed and thought.  
Speak, do and think as befits Him.

Do not seek to discover or discuss the evil in others,  
for the attempt will tarnish your own minds.

Life is:  
Loving  
Listening  
Lifting  
Learning  
Living

Thinking, discriminating and practice - all three constitute the basic human characteristics.

Education should build character.

It is Truth and Truth alone, that is one's real friend, relative.

Faith is like our life breath.

It is impossible to live even for a minute in this world without faith.

Resolve to carry on the quest of your own Reality.

Hatred sprouts;

Envy raises its hood.

Love sprouts;

Peace descends like dew.

Life is the car, your heart is the key, God is the chauffeur.

Expand yourselves; do not contract into your own tiny individuality.

Foster Love

Live in Love

Spread Love

Have the name and form of God as your companion, guide and guardian throughout the toils of the waking hours.

When you retire for the night offer grateful homage to God for being with you all day long.

The present is a product of the past, but it is also the seed for the future.

Experience that is drawn through any of the senses has an effect on one's health.

The mind sees separateness, Love sees unity.

Head in the forest; Hands in society

Today's man is pursuing unrestrained sense cravings. These pursuits drag man's mind into the gutter.

A man's well-being depends upon his degree of contentment.

Every living being in this world is knowingly or unknowingly on a spiritual pilgrimage.

Every one is the embodiment of God.

Character is the most precious gift of education.

Life is a challenge, meet it !

Life is a dream, realize it !



Life is a game, play it !  
Life is Love, enjoy it !

You are all members of the same family, bound by the Religion of Love.

True education is not for a mere living, but for a fuller and meaningful life.

Devotion is not a uniform to be worn on certain days and then to be put aside.

If the mind of man is not reformed and purified then all the plans to reform the world will be futile.

What God gives is never exhausted.  
What man gives never lasts.

Love must express itself as Service.

Man has to recognize the indebtedness to society and his duty towards it.



You must make the mind the servant of God, not the slave of the senses.

Good company is important, it helps to cultivate good qualities.

As close as you are to God, so close is God to you.

The synthesis of pure, calming food is breathing pure air, listening to good sounds, looking at good sights, and touching pure objects.

We must control our desires.

Don't waste money

Don't waste time

Don't waste food

Don't waste energy

The gift of food to the hungry is the noblest of all gifts.

When we sit for the meal, we feel light and effortless. When we are done, we should rise with the same feeling of lightness and effortlessness.

Love sees all as one Divine family.

Love...doesn't allow any room for pettiness or narrow outlook.

We should realize that man has not only a mind which conceives thoughts, but also a heart which can put them into practice.

The teachers of tomorrow are the students of today.

Renunciation is the power of battling against evil forces and holding the mind in check.

The heart of man, which is now allowed to lie fallow, has to be plowed by spiritual exercises like repetition of God's name.

Teachers must be examples of Love and Truth.

Being a good example is the best form of Service.

Desire makes man forget his real nature and reduces him to the status of a beast.

Let the different faiths exist, let them flourish and the glory of God be sung in all the languages and in a variety of tunes.

Dedicate all your thoughts, words, and deeds to Him.

Man will realize his mission on earth when he knows himself as Divine and reveres others as Divine.

God gave you the time, space, cause, material, idea, skill, chance, and fortune. Why should you feel as if you are the doer?

If you give up and surrender to the Lord, He will guide you and guard you.

Ignorance is the most important cause of sorrow.

Once we surrender our mind to God completely, He will take care of us in every way.

Learn to speak what you feel, and act what you speak.

Small minds select narrow roads; expand your mental vision and take to the broad road of helpfulness, compassion and service.

Politics without principles,  
Education without character,  
Science without humanity, and  
Commerce without morality  
Are not only useless, but positively dangerous.

Try to conduct yourself in such a way as not to injure others.

A nation that has no bridle on its sensuality can never thrive or survive.

God is all Names and all Forms

Have constructive thoughts; consoling words; compassionate acts.

The first thing you have to do, to impress upon your mind the reality, is to recite the name of God and dwell on His Glory in the mind.

Character is to be sought more than intellect.

The attitude today is the root on which the future grows.

If there is righteousness in the heart,  
There will be beauty in the character.  
If there is beauty in the character,  
There will be harmony in the home.  
When there is harmony in the home,  
There will be order in the nation.  
When there is order in the nation,  
There will be peace in the world.

Friendship is the expression of unshakable Love.  
Love that is noble, pure, free from desire or egoism.

Meditation is nothing else but rising above desires.

When you take one step towards God, God takes ten towards you.

Service should not be exhibitionistic, you must seek no reward, not even gratitude or thanks from the recipient.

You cannot see Me, but I am the Light you see by.  
You cannot hear Me, but I am the Sound you hear by.  
You cannot know Me, but I am the Truth by which you live.

The food we consume should be tasty, sustaining and pleasant;  
It should not be too hot or too salty;  
there must be a balance and an equilibrium maintained.

Real happiness lies within you.

Detachment is sacrifice.

Example, not precept, is the best teaching aid.

Base all educational efforts on building up of the character of the students, and then you can confidently think of raising on in the super-structure of curricula.

The mother is the pillar of the home, of society, of the nation, and so of humanity itself.

You are all separate beads strung together on that one thread, God.

Nourish your aged parents; revere them.

Your thoughts, words and deeds will shape others and theirs will shape you.

Love of the country is the basis on which you can build love for world community.

Always respect other's opinion and other's point of view.

Spirituality is an activity. It is an activity of the Divinity within.

If you honor your mother, the Mother of the universe will guard you against harm.

If you honor your father, the Father of all Beings will guard you.

Love expands; it does not limit itself to boundaries.

If you honor your parents, your children will honor you.

A language is as sweet as the tongues of the speakers.

The whole world is One Single Tree;  
The different countries are it's branches;  
It's root is God;  
Human beings are the flowers;  
Happiness is the fruit;  
Self-realization is the sweet juice therein.

The beauty of life depends upon our good habits.

To reform:

First, weed out the evil thoughts and bad habits.

Second, cultivate good habits.

When the road ends, and the goal is gained,  
the pilgrim finds that he has travelled from himself to himself.

Do not preach; practice.

Man loves because he is Love.

He seeks Joy, for he is Joy.

He thirsts for God;

for he is composed of God

and he cannot exist without Him.

By peace, western countries mean the interval between two wars.

That is no peace !

When man thinks, speaks, and does good - peace will ensue.

Where there is Love, there God is evident.

God is the Life-breath of every soul.

One single act of service offered to God whom you visualize in another is worth all the years of yearning for God.

Wealth has to be earned through Righteousness. Desire has to be for Liberation.

Your duty is to serve, not search for faults.

There is no living being without the spark of love; even a mad man loves something or somebody.

Make the home a seat of harmony.

The greatest fear man can have, is the fear of losing God's Love.

God is the mother and father of the world. Our parents are the mother and father of this body.

God is one; there are not many Gods, one for each tribe among men.

Love is one; it transcends caste, colour and creed, if it has to be genuine.

Truth is one; there cannot be two. For, two can only be One, occurring twice.

The goal is one; for all roads must lead to the One God.

God is to be recognized in all that exists, all that is charming, suffering, blooming or drooping.

When heart speaks to heart, it is love that is transmitted.

A limit should be placed on the food that we take.

If you know the road and the goal,  
then you can discover whether you are progressing or not

Make the fullest of your talents and march as long as you can, and pitch the tent nearer the goal,  
when darkness falls.

Truth is the basis of Righteousness.

Be ever watchful to see that you strive to take in more and more of God into you.

Implant in your Heart:

1. Do not forget God.
2. Do not put faith in the world you see around you.
3. Do not be afraid.

The wise are those who know the self.

Truth has no fear; Untruth shivers at every shadow.

Sensory pleasures are trinkets, trivialities.

God is the doer; You are but the instrument.

Cultivate that attitude of Oneness  
between men of all creeds, all countries and all continents.

Not through wealth can Immortality be won; it can be won only through renunciation.

Give up; do not grasp in clenched fists.  
Release; do not bind and get bound.

Eat, when you are hungry - not before or after.

Do not waste a single moment, in idling or loose living.

Love of the country is the basis on which you can build love for the world community.

If you safeguard Righteousness, it will, in its turn, safeguard us.

Do not get attached to worldly things and pursuits. Be in the world, but do not let the world be in you.

Have no desire to place before God. Whatever He does with you, however He treats you, is the gift that He likes best, to give you!

Work disinterestedly. Content to do one's duty as best as one can.

Aspire now

Adore now

Achieve now.

Blood has to circulate from head to foot;

Love has to circulate from high to low.

Campaign against the temptations of the senses;

Conquer inner foes;

Triumph over your ego.

Practice alone makes man perfect.

Have the Love of God filling and thrilling your heart; then, you cannot hate anyone.

God is not to be spoken of as coming down or going up, since He is everywhere.

The fulfillment of human life consists in the service that man renders, without any thought of return, in an attitude of selflessness.

Spiritual discipline grows only in a field fertilized by Love.

Be steady, have faith, and reach the Goal safe.

To rectify the world and put it on the proper path, we have to first rectify ourselves and our conduct.

Teachers are reservoirs from which, through the process of education, students draw the water of life.

Knowledge that is not put into practice is like food that is not digested.

Man can realize his mission on the earth only when he knows himself as Divine and when he reveres all others as Divine.

Real Peace of mind has no ups and downs; it cannot be partial in adversity and whole in prosperity.

Instead of making the senses which are at best very poor guides and informants his servants, man has made them his masters.

There may be differences among men, in physical strength, financial status, intellectual acumen - but, all are equal in the eye of God.

Discipline trains you to put up with disappointments, every rose has a thorn.

You say, "enjoy"; but it is when you "end joy", that you can really enjoy.

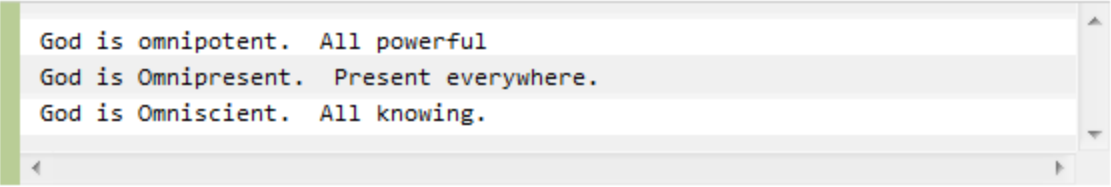
The day when passion is accepted as a mark of womanhood, it will mark the beginning of the end of femininity>

If you feel you are a hundred percent dependent on God, He will look after you and save you from harm and injury.

Love with no expectation of return.

Activity must be dedicated to God, the Highest Good. Then, it will provide health to body and mind.





God is omnipotent. All powerful  
God is Omnipresent. Present everywhere.  
God is Omniscient. All knowing.

God, first; the world next; myself last!

Live on your own earnings, your own resources.

Man seeks to change the foods available in nature to suit his tastes, thereby putting an end to the very essence of life contained in them.

Each man carries his own destiny in his own hands.

Dreams relating to God are real.

The easiest way to control sensuous desires is to practice altruistic love.

Our good conduct is our true wealth.

If some people say there is no God, it only means that they are at too great a distance to be aware of Him.

Men are born with a helpless lamenting cry; they should die with a smile of happy joy.

Do not belittle any religion or give predominance to any religion.

Love knows no fear and so love needs no falsehood to support it.

Do not use poisonous words against anyone, for, words wound more fatally than even arrows.

You must be a lotus unfolding its petals when the sun rises in the sky, unaffected by the slush where it is born or even the water which sustains it!

Be loving, begin to perceive your inner voice and follow it.

The root is education and the fruit is virtue.

Of all the insanities that harass man, God-madness is the least harmful, and the most beneficial.

You may be able to pay back any debt; but the debt you owe your mother, you never can repay.

Love is the light that guides the feet of man in the wilderness.

Every experience that is drawn through any of the senses has an effect on one's health.

Mine, not thine, this sense of greed is the root of all evil. This distinction is applied even to God!  
-- my God, not yours! Your God, not mine!

Discipline is the mark of intelligent living.

No one can judge another, for, when another is judged you are yourself condemned.

Love seeks no reward; Love is its own reward.

One without power does not mean lack of physical or mental strength.

Speak soft and sweet; sympathise with suffering and loss and ignorance: try your best to apply the salve of soothing words and timely succor.

The Lord is but a witness; He is above all hate and anger, of attachment derived from "mine" and "thine".

Nothing is to be used as itself, for itself.

"Seeing is believing: I will believe in God only if I see Him;" but are all things seen or heard or touched or tasted, as real as they seem?

Either the Government must have the capacity to educate and reform the people or the people must have the capacity to educate the Government.

Peace - It can come only from the Fountain of Peace within.

It is best to live with honor for just a day than with dishonor for many decades; better a short lived celestial swan than a century-lived crow.

Every sense is an outlet for the energy of man in a direction that binds him to the objective world.

Spiritual progress is right living, good conduct, moral behaviour.

Do all acts as offerings to God; do not classify some as 'my work' and some as 'His work'.

The reasoning faculty must be employed to distinguish between the limited and the unlimited, the Temporary and the Eternal.

Life is a mirage;  
It comes from no visible rain;  
It falls into no recognizable sea.

When the magnet does not attract the needle, the fault lies in the dirt that covers up the needle.

Food should not be too salty, too hot, too bitter, too sweet, too sour.

There should not be any trace of dislike or distrust on the score of nationality, language, caste, economic status, scholarship, age or sex.

The end of knowledge is love.  
The end of education is character.

Each country is but a room in the mansion of God.

The very joy derived from service reacts on the body and makes you free from disease.

The age period 16 - 30 is a crucial stage, when man achieves best and struggles hardest to achieve.

Man is a spark of the Divine.

All things in creation are subject to the law of change and man too is subject to this law.

Service is spiritual discipline, not a pastime of the rich and well-placed.

Too much food results in dullness of mind.

God alone is the giver of life, the guardian of life, and the goal of life.

All spiritual practice must be directed to the removal of the husk and the revelation of the kernel.

The same current activates all.

Man is now able to soar into outer space and reach up to the moon; but he is not moral enough to live at peace with his neighbor!

The food that one eats has to be pure, free from the subtle evils radiated by the persons who collect the materials, who cook the dishes, and who serve them.

Whatever is to our advantage will appear right to us; We do not usually look upon a matter from the other fellow's standpoint.

However high a bird may soar, it has sooner or later to perch on a tree top, to enjoy quiet.

The purpose of living is to achieve the 'living in God'

When you feel you cannot do good, at least desist from doing evil.

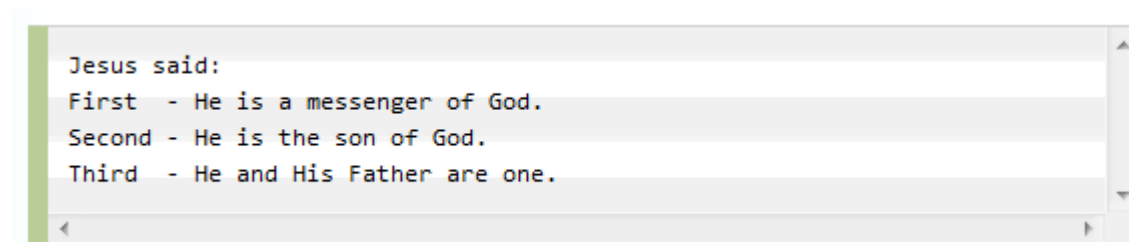
Condemn the wrong and extol the right as soon as you notice either in your children; that will settle them on the straight path.

Awake, Arise and Stop not until the goal is reached.

Limiting birth by artificial means is an absurdly wrong step. The consequences of this act is irresponsible fatherhood or frustrated motherhood.

The mind fixed in the awareness of the One is like a rock, unaffected by doubt, stable, secure.

Instead of making the senses which are at best very poor guides and informants his servants, man has made them his masters.



Women have equal chances and equal rights to attain Godhead

Let the wave of memory, the storm of desire, the fire of emotion pass through without affecting your equanimity.

Silence is the speech of the spiritual seeker

All men are cells in the same divine organism, in the divine body. That should be your faith, your fortune, your fort, your fullness.



Food cooked in water should not be used the next day; it becomes harmful.

No society can find its fulfillment, no social ideal can fructify, without the blossoming of the spirit of man.

Patience is all the strength that man needs.

The earlier years of life are the most crucial, and so the mother and the father have to share the responsibility for the upbringing.

Through the media of films, books, music and the behavior of elders, young minds are excited and aroused into indulgences.

The God of death does not give notice of His arrival to take hold of you. He is not like the photographer who says, "I am clicking, are you ready?"

Whenever you get a little leisure, do not spend it in talking about sundries, but utilize it in meditating on God or in doing service to others.

Greed yields only sorrow; contentment is best.

Whatever acts a good or bad man may do, the fruits thereof follow him and will never stop pursuing him.

It is not the standard of living that is important, but the manner of living.

You must render service out of spontaneous urge from within, with a heart filled with love.

A chance conglomeration of humans does not become a society.

A society has to be welded into a unit by the consciousness of kinship in God.

Unity is divinity; Purity us enlightenment.

Reform the body, reconstruct the mind, regulate the way of living, then, the country will become automatically strong and prosperous.

Forget the harm that anyone has done to you, and forget the good that you have done to others.

There is only one royal road for the spiritual journey...Love.

If one student is bad, only that student is affected. But if one teacher is bad, hundreds of students get spoiled.

Your thoughts play a vital role in shaping your life.

Religion is three-fourths character.



The present is a product of the past, but it is also the seed for the future.

Open the gates of wisdom, tear the veil of ignorance, enter the abode of Divine Bliss. Rest in peace forever.

Form a Satsang, where you meet and exchange truths and virtuos talk; where you study holy books and discourses on the glory of God.

All work is God's. He inspires, He helps, He executes, He enjoys, He is pleased, He reaps, He sowed.

Have faith in yourself. When you have no faith in the wave, how can you get faith in the ocean?

Do not contemplate on death; it is just an incident in life; contemplate on God, who is the master of all life.

You must welcome tests because it gives you confidence and it ensures promotion.

So long as you say 'I am' there is bound to be fear, but once you say and feel 'I am God' you get unconquerable strength.

By eating flesh one develops violent tendencies and animal diseases.

Do not get swelled up when people praise you and do not feel dejected when people blame you.

Serve man until you see God in all men.

Knowledge without devotion to God produces hatred.

What is the unmistakable mark of a wise man? It is love, love for all humanity.

Service springs out of love and it scatters love in profusion.

Soft sweet speech is the expression of genuine love.

Mankind can find happiness only in unity, not in diversity.

Philosophy that cannot be understood, scriptures that are not practised - it is a waste of time to talk of them.

Anger is the harvest of the bewitching mind; it enslaves man and fogs his understanding.

People are born for different tasks, but in order to survive every one requires the same nourishment; inner peace.

Whatever the trouble, however great the sorrow, persist and win by recollecting the Lord.

Those who have gone through pain and suffering can understand and sympathise with those who are in pain

The basic Truth in all religions, irrespective of country or race is one and the same.

Whenever and wherever you put yourself in touch with God, that is the state of meditation.

The mind is a bundle of desires - remove the threads of attachment one by one; at the end the 'cloth' disappears and the mind is clear and pure.

Practice silence - for the voice of God can be heard in the region of your heart only when the tongue is stilled and storm is stilled and the waves are calm.

Practice the vocabulary of love - unlearn the language of hate and contempt.

God is in you, around you, behind you, above you, beside you.

Of all the righteous acts, help rendered to those needing it, is the most righteous.

Surrendering the fruit of action to the Lord is real sacrifice.

My birthday is the date when divinity blossoms in your heart.

God is neither distant nor distinct from you.

What is offered to God is totally free from all defects and imperfections.

The joy that we cause in the heart of God is the only worthwhile achievement.

The acid test by which an activity can be confirmed as holy or sacred is to examine whether it promotes attachment or avoids bondage.

Body is like a flashlight.  
Eye is like the bulb  
Mind is the battery cell  
Intelligence is the switch  
Only when the four work together do you get the light.

Any happiness that you can give to others will result in happiness for yourself in the end. Man must realize that he cannot get anything without sharing it with humanity around him. So, you must believe that happiness of the people around you will lead to your own happiness in due course.

Illnesses are caused more by malnutrition of the mind than of the body. I will recommend the repetition of the Name of God. That is Vitamin G. That is the medicine; regulated life and habits are 2/3 of the treatment, while the medicine is just 1/3 only.

It is only when you have both divine grace and human endeavor that you can experience bliss, just as you can enjoy the breeze of a fan only when you have both a fan and the electrical energy to operate it.

Do not think that only those who worship a picture or image with pompous paraphernalia are devotees. Whoever walks straight along the moral path, whoever acts as he speaks and speaks as he has seen, whoever melts at another's woe and exults at another's joy .... is a devotee, perhaps a greater devotee.

This is bad; this is good - can such judgements be ever made about anything in God's creation when all are manifestations of His will?.

Love is one without a second. When this love is directed towards the world, it is called attachment (anuraga), and when directed towards God, it is called prema (devotional love).

The play is His  
The role is His gift  
The lines are written by Him  
He directs, He decides the dress and decoration,  
The gesture and the tone,  
The entrance and the exit.  
You have to act well to receive His approbation  
When the curtain falls  
Earn by your efficiency and enthusiasm  
The right to play higher and higher roles  
That is the meaning and purpose of life

Living with God is the true education  
Living for God is the true devotion  
Living in God is the true spirituality.

A bubble of water is born out of water. It is made up of water. It ultimately mixes with water and disappears. As in this analogy, man is like a bubble and Narayana is like the source, "water".  
Man is born out of Narayana, is made up of Him and ultimately merges with Him.

A pure thought from a pure heart is better than a Manthra.

A zero will get its value only if it is placed after an integer. So also a "Jeeva" will get some value only if it is placed in conjunction with divinity.

Accomodate all forms of God in your heart. Do not exclude some and welcome others. Accept all achievements and failures as proofs of the grace of God.

Adoration, affection and attachment are the flowers. Devotion and dedication are the fruits.  
When they ripen they fill themselves with the sweet sustaining juice called wisdom.

Ambition to earn fame in the world, to gain some position of authority over men, to lead a luxurious life can never ensure mental peace.

An expansive mind is more laudable than an expert brain. One person shedding love is more desirable than a hundred hard hearted companions.

An iron box is essential to keep safe the precious stones. So too the body is essential to keep safe the precious gifts of virtue, love and discrimination.

Anger, ego, jealousy are the biggest diseases. Keep yourself aloof from these three diseases.

Anger cannot be destroyed by anger and cruelty by cruelty. Anger can be subdued only by forbearance and cruelty can be overcome only by nonviolence.

Anger is like an intoxicant; it reduces man and degrades him to the level of an animal.

As long as the sugar is on the tongue, you feel the sweetness in taste. Similarly, so long as the heart has love, peace and devotion, you feel bliss.

As the food, so the mind. As the mind, so the thought. As the thought, so the act.

At all times, engage yourself in serving others. There is no greater Sadhana than this.

Be a servant; a servant of God. Feel that you are an instrument in His hand. Let Him shape you and use you as He knows best.

Be clear and content  
Be moderate and wise

Be vigilant and steady.  
Be earnest and sweet.

Be good, Do good, See good - this is the way to God.

Be guarded against the 'evil of the tongue', 'evil of the mind' and 'evil of the hand'.

Be like a star which never wavers from the crescent, but is fixed in steady faith. Be like a lotus which is not affected by the water in which it is born.

Be what you profess to be. Speak what you intend to do. Utter what you have experienced. No more. No less.

Believe that God is one, though he is addressed and prayed to by different groups of people in different names.

Believe that there is no morality higher than truth, there is no prayer more fruitful than seva.

Believe that there is nothing greater than truth; nothing sweeter, nothing more precious and nothing more lasting.

Bend before the lowly, the humbly, the Godly, the good. Do not bend before the proud; the promoters of hate and greed.

Bhajan cleanses and purifies the atmosphere by its vital vibrations. It inspires, instructs, it calls and comforts.

Bhakti (devotion) is as essential for experiencing Atmic Bliss as blood is essential for the body.

Be like the ant. When the ant gets a mixture of sand and sugar, it selects only sugar; it neglects sand. See only good in others. Pay no attention to the bad.

Body is a house given to you for rent. Live there so long as He wills, thanking him and paying Him the rent of faith and devotion.

By chanting the name of the Lord sanctify your time. By singing His glory, sanctify your life. Always continuously develop a pure heart for the welfare of the world.

Calamity, danger, death cannot be avoided for all time. They are inevitable factors of life and you have to learn to live bravely with them.

Chanting the name of the Lord must be considered as the highest form of Sadhana. You can travel anywhere in the light of this name. In this age of Kali Yuga, the easiest way to reach the Lord, is this chanting of the Lord's name. There is nothing more sacred than this name.

Character is the most precious gift of education. Without character, wealth, education and social status are of no avail.

Close your eyes to the faults of others, but keep them open to discover your own.

Consider the entire society as your home, only then you will realize genuine unity with all.

Constant dwelling with the name of the Lord gives that unshakeable peace unaffected by the ups and downs of life.



Command the mind, regulate your conduct, keep your heart straight and clear, then you will get the grace of God.

Concentration is a conscious activity and meditation is a super conscious experience.

Contentment is the most precious treasure. Contentment alone can lead man to the goal of life, the attainment of divinity.

Cows may be of different breeds or colors or sizes, but milk they yield is the same, the world over. So too, all religions, what ever their origin or extent of influence, are means to teach man this process.

Creation is divine; imitation is human.

Dedicate all your physical possession and mental skills and intellectual attainments to the service of the Lord.

Desire is storm, greed is whirl-pool, pride is precipice, attachment is avalanche and ego is volcano. Discard these and you will be liberated.

Dedicate your hands to the service of mankind, never deviate from that attitude.

Dedication ensures success; purifies inner vision, gives lasting joy.

Desires, disappointments and despair cause diseases. Filling the mind with the thought of God is the curative drug.

Develop the quality of love that asks for no return, develop divine knowledge and develop the inner vision.

Devotion is the sustenance of the heart, just as food is the sustenance for the body; devotion to duty is the highest form of worship to God.

Devotion is not a uniform to be worn on certain days when you gather for worship and then to be laid aside when the service is over.

Devotion to God does not mean merely offering worship in a shrine or taking part in Bhajan or Sankirtan. One must recognize the form of Divine in the images one worships or human being one serves.

Devotion truly means worshipping the Lord, not caring for the fruits of one's actions.

Discipline is the mark of intelligent living; it is more essential for success in spiritual effort.

Dive and declare the depth, eat and judge the taste.

Divine bliss cannot be gained by accumulation of impediments like cars and houses, land and gold, stocks and stores.

Divine is not manufactured by any company nor available in any shop. It is not something that can be earned from outside, it has to sprout and grow from within and treasured within.

Divine is the inner core of all beings, near and far, big or small. Expand your consciousness to its utmost limits.

Do and dedicate,  
Work and worship,  
Plan and protect,  
But do not worry about the fruit,  
That is the secret of spiritual success.

Do good deeds, you get good in return. Do bad deeds, you reap bad results; do not blame God, thank yourself, blame yourself.

Doing one's duty, however small, in an unattached manner gives rise to the awakening of self awareness.

Do not be affected when the results you anticipate are not produced; do not anticipate at all, but leave it to God.

Do not depend on others to serve your needs, become your own servant before proceeding to serve others.

Do not get puffed up when you succeed. Do not get punctured when you fail.

Do not give room for differences based on language, religion, caste or nationality. Develop the feeling that all are children of God. You may worship God in any form of your choice, but always bear in mind that God is one. Cultivate love and promote unity and harmony among all.

Do not give up wordly duties, but do them with the Name of God on your lips inviting the Grace of God on your heads.

Do not lay claim to long life but to divine life; do not pine for more years on earth, but for more virtues in the heart.

Each has his particular duty, task, role as an individual; do that duty, carry on that task. Play that role as best as you can; that is how one can fulfill himself.

Earning money cannot be the purpose of education; acquiring good qualities can be the only purpose of education.

Education does not mean only giving meaning to the words. Whatever is learnt in schools and colleges has to be practised and has to be used for the welfare of the society. That is true education.

Education is a wasteful process unless knowledge is transformed into wisdom and wisdom is expressed in character.

Education is to be valued not as a means of earning one's livelihood, but as the essential requisite for a happy, peaceful and progressive life.

Education must ultimately mean:

"E" for Enlightenment

"D" for Duty and Devotion

"U" for Understanding

"C" for Character

"A" for Action

"T" for Thanking

"I" for Integrity

"O" for Oneness

"N" for Nobility

Education should be divorced from job hunting. Its primary purpose should be to enable the educated to lead an honorable and meaningful life in society.

Education without character, politics without principles and commerce without morality are not only useless, but positively dangerous.

Ego lives by getting and forgetting. Love lives by giving and forgiving.

Engage always in good deeds, beneficial activities, speak the truth, do not inflict pain by word or deed or even thought. That is the highest gain which you can earn in this life.

Every action of yours at the present time is bound to have a reaction, resound and reflection in the future.

Every human being has a body which is like a chariot and has a charioteer, which is the Atma. This is universally true and this is the basis of the unity and diversity of in all mankind.

Every human being has four birthdays: the first is when he emerges from his mother's womb; the second is when he begins his spiritual study to lead him from darkness to light; third is when he has gained wisdom for achieving self realization; the fourth and last is when he realizes his true identity and merges with Brahman.

Every passing minute is a precious gift from God which you have to use for the best and most lasting benefit.

Every rise will be followed by a fall, every elation will be followed by depression.

Feel that you are a hundred percent dependent on God, He will look after you and save you from harm and injury.

Feel that your family, your house, your fields, your cars are all the Lord's property and that you are only the trustee.

Feel the presence of God when silence reigns; in the excitement and confusion, you cannot hear His 'Foot Fall'.

For the disease of 'Bhavaroga' (birth death cycle), Bhagavan is the medicine; for the disease of desire, Jnana is the prescription; for the disease of doubt, the most effective remedy is paropakara (service); for the major infection of asanthi (anxiety), the course of treatment is Bhajan.

Friendship should not be based on consideration of fear and favor, sacred friendship is that which enables one to help others at all times and in all circumstances.

Get the doctor who would assure 'hereafter you will not fall ill' and not the doctor who gives some relief to the present attacks.

'Gift' is a meritorious act, if it is rendered to the needy at the time of need, in a manner that fulfills the need, it must be made without pride and publicity.

Give up in order to gain; restrain in order to receive; become blind in order to see more clearly.

Giving is gaining. Gaining is grieving.

Giving up one's evil thoughts constitutes sacrifice and yoga - leaving one's wife, giving up one's material possessions and repairing to the forest will be of no avail.

Goal of human life is not just eating, drinking, sleeping, tasting a little joy and grief and finally dying like any bird or beast; the goal is the realization of the eternal absolute.

God acts as creator, protector and destroyer. You must show your gratitude to God by your actions, not your words.

God can be addressed by any name that tastes sweet to your tongue or pictured in any form that appeals to your sense of wonder and awe.

God cannot be won by tricks or through short cuts, He can be won only by the hard way of struggle, detachment and tough discipline.

God does not appreciate external pomps and exhibitionistic behaviour. God does not take revenge if you do not recognize Him or revere Him.

God does not calculate the cost of all which you surrender at His feet; He examines the spirit in which it is surrendered.

God does not draw you near or keep you far; God does not deny anyone, it is only you who deny God.

God does not live in structures of stone or brick, He lives in soft hearts, warm with sympathy and fragrant with universal love.

God grants you what you need and desire; there is no reason to ask, no reason to grumble.

God has given you the heart to use in life, return it to Him as clean and as pure.

God has no desire to bless nor anger to induce Him to punish. You get blessed and punished as a result of your own feelings and acts.

God has no preference and prejudices. He is but reaction and resound.

God has not made any one wholly bad or wholly good; your likes and dislikes are inducing you to label them such.

God is all mercy, adore Him so long as you have breath, so long as you are conscious.

God is all names and all forms, He cannot be identified with one name and one form; the whole universe is inhabited by God.

God is always ready to give you all that you want but you do not seem to know what is good for you and what you really want, so it is better and easier to surrender yourself completely to God and simply ask for His Grace.

God is nameless, but He responds when His name, in any one of the many, is taken by the seeker.

God is not attracted by your appearance, He will look at the cleanliness of the inner self.

God is not involved in either rewards or punishment. He only reflects, resounds and reacts; He is the eternal unaffected witness.

God is not somewhere away from you, someone distinct from you, He is in you, before you, behind you.

God is the sugar that can make the tasteless drink of life into a sweet potion.

God sees your devotion and not power; God cares for your quality and not your caste; God looks at your heart and not at your wealth.



God will respond only when you call Him from the depth of feeling. He will be deaf even if you call him a million times automatically and artificially with the tongue and not with the heart.

Grace of God is equal on all, but it leaks through the holes of anger, ego, lust, greed and desires. Fill the holes with trust, kindness, love, patience and gratefulness.

Hands are given to us so that we may perform good acts and offer the flower of service to the Lord.

Hands that help are holier than lips that pray.

However you are, you are mine. I will never give you up. Wherever you are, you are near me. You cannot go beyond my reach.

I do not need your garlands and fruits, they are not genuinely yours, give me something that is yours, something which is clean and fragrant with the perfume of virtue and innocence and washed in the tears of repentance.

I do not reveal or refuse, it is for you to discover and decide.

I do not take anything from anyone except their love and devotion.

I have come not to disturb or destroy any faith, but to confirm each in his own faith, so that the Christian becomes a better Christian, the Muslim a better Muslim and the Hindu a better Hindu.

If God is a flower, you should feel yourself a bee that sucks its honey, if he is tree, be a creeper that clings to it, if he is the sky, be a tiny star that twinkles in it. Above all, be conscious of the truth that you and He are bound by supreme love.

If there is righteousness in the heart, there will be beauty in the character.

If there is beauty in character, there will be harmony in the home.

If there is harmony in the home, there will be order in the nation.

If there is order in the nation, there will be peace in the world.

If thought and activities of the mind are sound, healthy, non-violent, filled with love and morally harmonious, then peace is near at hand.

In all the deeds that you perform, in all the individuals that you meet and in all the thoughts that you entertain, you must see the divine and act accordingly.

In an office if you work full time, you get full pay; if you work part time, you get half pay. In the same manner, if you give only part of your mind and ask for full return of the grace of God, it is asking for full pay for half work.

In order to gain the benefit that education can confer, it must be directed towards the cleansing of the inner instruments of thought and feeling. It has to promote and protect the pleasure of spiritual learning.

In the garden of your heart, plant and foster the rose of divinity, the jasmine of purity and humility, the champak of generosity.

In the medicine chest of every member of our Seva Dal, one must keep in readiness tablets of discrimination, drops of self control, the powers of faith, devotion and patience. Only then one can be freed of the illness of ignorance.

In the path of Bhakthi there are no hurdles young, high or low, man or women, all are equally entitled to tread it.

In the Sathya there is no mithya, but in the mithya (jagath) you have to search for Sathya and experience it. You can do it, if you rid your mind of all modifications and modulations. Let it be transformed from its present complex confusion into some thing like the sky, which does not bear any mark, though millions of birds fly through it and thousands of planes move across it. Be unaffected, untouched, unattached. That is the Sadhana which will reveal the reality.

Influence of divinity is such that while you are contemplating it all trace of envy and greed will disappear from the mind.

Install the Lord in your heart and offer Him the fruits of your actions and the flowers of your inner thoughts and feelings. That is the worship I like most, the devotion I appreciate most.

Instead of indulging in vain prattle, glorify God and walk in His path and pray to Him. Spend the allotted span of years in the contemplation and the adoration of the Almighty, not in servile praise of the feeble, the futile and the weak. Life is an opportunity afforded to each, not to eat and drink, but to achieve something nobler and grandeur, to master oneself and merge in the reality.

It is an act of merit to be of service to others, it is a sin to harm others.

Its is more sacred and sanctifying to fill our hearts with love than to fill our hearts with all kinds of books on spiritual matters.

It is of no use if you simply utter the name of the God and if you do not follow the good things, it is just like uttering the name of penicillin when you are running a high temperature.

It is only by means of purity of mind, can you come close to the Lord.

Just as sugar cane does not yield sugar juice unless it is crushed, as sandal wood does not give the fragrant paste unless it is rubbed on the stone, so the goodness of people does not come out unless they go through difficulties.

Karma Yoga is the earthen lamp, Bhakthi Yoga is the oil in it, Raja Yoga is the wick, Jnana Yoga is the light.

Karma cleanses the mind if it is done as a dedicatory act, the consequence being left to the will of the Lord. Repentance saves even sinners from perdition. No ceremony of expiation is as effective as sincere repentance.

Keep away from impure listening, impure acts, impure words, impure thoughts.

Keep the name of the Lord always radiant on your tongue and mind, that will keep the antics of the mind under control.

Knowing the way is not enough. The path must be traversed to reach the destination. That journey is service to society.

Knowledge without integrity is dangerous and dreadful, knowledge without character is a powerful evil. Knowledge without action is useless; action without knowledge is foolishness.

Learn to adopt, adjust and accommodate. Learn to give, not to take, learn to serve, not to rule.

Less luggage, more comfort is a slogan for a journey of life; reduce desires, loosen attachment, you will win freedom.

Let the name of the Lord come from the core of your heart. It should not come merely from the lips. It should be chanted with love and faith.

Let your boat be on the waters, but do not allow the waters to enter the boat. Be in the world, but not of it. That is the secret of a truly happy life.

Life can be peaceful only when you can control excitement of your body and mind, life is undoubtedly incomplete without thought about God.

Life is a journey from "I" to "WE".

Life is enveloped in the bitter skin of lust, anger, greed, attachment and jealousy; remove the skin and throw it away so that the sweetness can be tasted.

Love in thought is truth.  
Love in action is right conduct.  
Love in understanding is peace.  
Love in feeling is non-violence.

Love lives by giving and forgiving; self lives by getting and forgetting.

Love saturates all activities with joy and peace.  
Love ennoble the least and the lowest.  
Love yourself for the God that it embodies.  
Love others for the God that is enshrined in them.

Love the Lord's creation as much as the Lord Himself. Then the tree of life will yield the sweet fruit of Madhura Bhakthi.

Measure the height you have reached with the yard stick of virtue, serenity, fortitude and equanimity.

Mind, word and act, all three must be filled with the belief that all is His play, that is the genuine path.

Name of the God is the rifle which guards you against the beasts of prey in the jungle of life.  
Name of God is the most effective tonic, it will keep off all illness.

Not by wealth or progeny, neither by reading or listening but only by sacrifice can you get the vision of the divine. Sacrifice of ego is the highest sadhana.

Objective possessions and subjective passions are handicaps in the race of realization.

Offer God real flower grown in the garden of your heart; fragrant, beautiful and delighting.

Offering all the deeds of man at the feet of the Lord is the real yajna. Every action performed by man must be considered as an offering to the Lord and as the Lord's work itself.

Only in fear of sin can you experience peace and nonviolence. Only in love of God can you foster truth and love. In social morality you can experience righteousness.

Only through renunciation can immortality (oneness with God) be attained.

Peace of mind cannot be gained by wealth or fame or skill. It can be achieved only through sacrifice.

Peace or distraction, calm or anxiety, it is the product of one's thoughts and deeds.

Prayer alone makes life happy, harmonious and worth living in this universe. Prayer brings man and God together and with every sigh nearer and nearer.

Prayer is the yearning one experiences to awaken the divinity latent in the heart. Prayer is not pronouncing of words.

Prayer reveals the real secret of life, prayer will succeed when thoughts are pure.

Properties are not proper ties.

Pursuit of material pleasures will be like nectar at first, but like poison at the end.

Religions are many, but the road is the same. Flowers are many, but worship is the same, professions are many but living is the same.

Remember that God is not someone else, but one's own inner self.

Remember that if there is anything sweeter than all sweet things, more auspicious than all auspicious things, holier than all holy objects, verily it is the name of the Lord.

Remember there is no morality higher than truth. There is no prayer more fruitful than seva.

Remove from the garden of your heart, the thorny bushes of greed, anger, jealousy and selfishness.

Reverence for all life in thought, word and deed is nonviolence.

Sadhana leads to Truth  
Satkarma leads to Dharma  
Bhakti leads to Peace  
Upasana leads to Love.

Science is below the mind, spirituality is beyond the mind.

Science without religion is lame. Religion without science is blind.

Service is the ship by which one can cross the ocean of samsara (life)

Service to man is the highest form of worship. Do not offend or harm anyone.

Seva (service) taken up as Sadhana (discipline) teaches Sahana (patience).

So long as man is not able to push away the clouds of selfishness, he cannot look at the sun of wisdom.

Success or failure is your own making. You decide your destiny. The Lord has no share in deciding it.

Suffering entitles you more to the Grace of the Lord. When suffering comes in waves, one behind the other, be glad that the shore is near, bear them bravely. Like cowards, do not throw the blame on some outside power or develop dislike for the Lord.

The bird with you - the wings with me.  
The foot with you - the way with me.  
The eye with you - the form with me.  
The thing with you - the dream with me.



The world with you - so we are bound.  
So we begin - and so we end.  
You in me - and I in you.

The day when we understand that every thing belongs to God, that will be the dawn of knowledge.

The essence of all the Puranas and Vedas is "Do good to others and keep away from doing harm to others".

The good hearted man who professes no religion is the truly religious man.

There is nothing in the universe higher than God; different from God; distinct from God.

Those who walk with God always reach their destination.

Through reading you gather information but through service you get transformation.

Truth is the sustaining factor behind all, it is the very core and essence of divine life.

Unless God's Grace and human effort come together the result cannot be achieved.

Use the body as a boat to cross the ocean of life with devotion and detachment.

Water flows from a higher level to the lower. God's Grace too flows down to those who are bent with humility.

We do not get what we desire, we get what we deserve.

Wealth that you hoard is not yours, wealth that you have given is really yours.

Yesterday has deceived you and gone, tomorrow is a doubtful visitor. Today is a fast friend, hold fast to it.

You cannot always oblige but you can be obliging.

You cannot claim to be educated or grown up unless you have mastered the science of self control and destroyed the root cause of delusion.

You must give up the luggage of your desires and wishes and thus make life less burdensome.

You must surrender your judgement to the Lord, then Lord will assume full responsibility.

You need offer only two things to God - pure love and selfless service.

Your life can be peaceful only when you can control your excitement of the body and mind.

Your virtue is your shield, your vice is the weapon that inflicts wounds on you.

Destroying pride man becomes endearing;  
Destroying anger man gets rid of sorrow  
Destroying desire man acquires peace;  
Destroying greed man achieves happiness.

Bear in mind the three P's: Purity, Patience and Perseverance. With these three, you are bound to acquire good health and bliss

Action with Love is Right Conduct.  
Speak with Love and it becomes Truth.  
Thinking with Love results in Peace.  
Understanding with Love leads to non-violence

What is devotion? It is not merely offering several types of worship or going on pilgrimage. Unalloyed and true love for love's sake alone constitutes devotion. True devotion is the love flowing from a pure heart unpolluted by selfish motives.

Humanness can be promoted only through spirituality and not by any other means. Just as a seed can sprout only when it is planted in the soil and watered, human values can grow only in a spiritual soil. If a man wants to cultivate human values, he has to apply the manure of spirituality to his heart, water it with love so that human values will grow

While taking food, you should not discuss dreadful incidents. No room should be given to subjects which excite the mind. Silence should prevail during eating. Even sound waves enter into us and affect our minds. Hence people should avoid seeing television while taking food.

Spirituality does not mean leading a lonely ascetic life. Spirituality means getting rid of attachment and hatred and looking upon the whole humanity as one.

I know your name, your degrees, your profession, your status and your history. I know your past, present and future. But you do not know me. That is why sometimes in order to reveal who I am, I myself show my visiting card, something which you call a miracle.

It is not enough to praise God. You have to love Him. You have to become Love itself so that you can love the entire universe. When you become embodiments of Love, you can love all.

To earn the Grace of the Divine, the easy way is surrendering at the Feet of the Lord. There is so much power in the feet of the Lord which you cannot understand. The feet form the basis for not only the physical frame of the body, but also for spiritual and ethical purposes.

There is no greater penance than contentment for securing happiness.

There is no worse disease than insatiable desire.

There is no greater virtue than compassion.

Peace is the highest spiritual discipline.

Hold all your property and wealth in trust for the Lord, who gave them to you. Even you and your family, you must take as a sacred trust, as persons given to you by the Lord to love, foster and guide. Thus you must elevate your attachment into worship and make it an instrument of spiritual progress.

Be like the ant: When the ant gets a mixture of sand and sugar it selects only the sugar. It neglects the sand. See only the good in others; pay no attention to the bad.

Devotion to God does not mean merely offering worship in a shrine or taking part in Bhajan or Sankirtan; one must recognize the form of the Divine in the images one worships or the human beings one serves

The only hold that man has in this dreadful darkness is the name of God. That is the raft which will take Him across this stormy sea darkened by hate and fear, churned by anxiety and terror.

The affection between a mother and a child or between a husband and wife is incidental to a certain temporary relationship and is not real love at all. True Love has neither a beginning nor an end. It exists in all three categories of time - past, present and future. That alone is true Love which can fill man with enduring Bliss.

Discipline grows out of devotion. Devotion stems out of duty. Observe the three D's - Discipline, Devotion and Duty. This is true spirituality. In the performance of every duty there should be devotion. There should be devotion and not diversion.

Fulfillment in life is not attained by physical health and strength alone. Even when the stomach is full, the mind must get the satisfaction. Hence, effort should be made to promote mental health also. Only when both the mind and the body are hale and well, can one experience happiness.

The following is the four fold formula for all people.

Welcome good company.

Eschew all association with the evil minded.

Perform meritorious acts ceaselessly.

Always discriminate between the transient and the ever lasting

Truth is the mother

Wisdom is the father

Right conduct is the brother

Compassion is the friend

Peace is the spouse

Forgiveness is the son

These six alone are the real relations for every one.

It is easy to conquer anger through love, attachment through reasoning, falsehood through truth, bad thoughts through good and greed through charity.

Struggle to realize Atma to visualize God; even failure in this struggle is nobler than the success in other worldly affairs.

A bar of iron sinks in water; but beat it into a hollow vessel and it will float merrily and even carry some weight. So too, man's mind sinks easily in the sea of senses; beat it hollow, hammering it with the Name of the Lord. It will float, safely on a sea of troubles. Do not be like gramophone records singing someone else's song, ignorant of the genuine thrill of music. Sing from your own experience the glory and grace of the Lord.

The easiest and most fruitful method of keeping yourself free from dust and rust is Sathsang (good company). The company of the good and the Godly will slowly and surely chasten and cleanse the persons prone to straying away from straight path towards self realization.

The heart is the film and mind is the lens. Turn the lens towards the world, the worldly picture will fall on the heart; turn it towards God and it will transmit the picture of the divine.

The Lord is the sweetness, you are the sugar; He is fire, you are fuel. He has no heart; every heart where He is installed is His. Cleanse the heart by listening to spiritual discourses, seeking

the company of the righteous, simple and sincere and by cultivating goodness of character and sweetness of disposition.

Expansion is the essence of love. When a lamp is lit, from another, there are two where there was one. The first one did not stop emitting light. You can light a million lamps from one; yet the first will not suffer at all! Love too is like this. Share it with a million, it will still be as bright as when it was alone.

Work (Karma), Wisdom (Jnana) and Worship (Bhakti) are the three paths to God, but because of desire (Kama), Karma is warped through Krodha (anger). Jnana is befogged and due to greed (Lobha), Bhakthi is ruined but by developing Prema, man can conquer all these weaknesses.

Make your lives simple. Execute the daily tasks in a spirit of love and mutual cooperation. Be tolerant towards the errors and failings of others. Look upon them with sympathy and equanimity. Be calm and without agitations under all conditions. Then your sentiments will be tender and unselfish. Envy, hatred and vindictiveness will not be able to gain entrance in the stronghold of your mind. You will have peace and happiness.

What exactly is duty? Let me summarise it for you.

Tend to your parents with love and reverence and gratitude.

Speak the truth and act virtuously.

Whenever you have time repeat the Name of the Lord with the form in your mind.

Never indulge in talking ill of others or try to discover faults in others.

Do not cause pain to others in any form

Forbearance is equivalent to truth itself. Forbearance is the heart of righteousness. Forbearance is the very essence of the Veda. Forbearance is non-violence in practice. Forbearance is contentment, it is compassion. Truly it is everything in all the worlds. Only when you have developed patience and forbearance will you be able to obtain the Lord.

Bad deeds never yield good, Good deeds never yield bad. Neem seeds never yield mangoes, Mango seeds never yield neem

On your land, you can grow food as you like or you can be idle and let it lie fallow. You owe yourself the cause of ruin or progress. The tools are in your hands; you can learn the skills and break the shackles and escape, but if you decide to spend life in slavery and bondage, who can save you? Do not blame fate. The status in the present life is decided on your actions in the previous life.

You must realize that the divine current that flows and functions in every living being is the One Universal entity. When you desire to enter the mansion of God, you are confronted by two closed doors - the desire to praise yourself and the desire to defame others. The doors are bolted by envy and there is also the huge lock of egoism preventing entry. So if you are earnest, you have to resort to the key of prema (love) and open the lock; then remove the bolt and throw the doors wide open. The education must train you in this difficult operation.

You are the Atma, which is entangled in the body, a wave of Sathyam (Truth), Shivam (Goodness) and Sundaram (Beauty), playing on the ocean of Sathyam (Truth), Shivam (Goodness) and Sundaram (Beauty), which is the Lord.

When the impulses arising from the heart are expressed in words, that is Sathya. To put into action your words is Dharma. For all these Love is primary. Love in action is righteousness. Love in speech is truth. Love in thought is peace. Love in understanding is non-violence. When you realize that God is in everyone, you will practice non-violence.

In order to light the Jyothi you need four things - a container, oil, wick and a match stick (fire) to light it. Only by the light of the Divine lamp inside can you blossom as a worthwhile person. The inner purity is the wick in the container of the heart. Devotion is the oil and Divine Grace is the fire with which the lamp of wisdom can be lit. The prime requisite for achieving Divine Grace is to have harmony in thought, word and deed.

The spirit of sacrifice is the basic equipment of the sevak. Without the inspiration of the sense of sacrifice, your seva will be hypocrisy, a hollow ritual. Inscribe this on your heart. Inscribe it deep and clear. There are four modes of writing, dependent on the material on which the text is inscribed. The first is writing on water. It is washed out even while the finger moves. The next is writing on sand. It is legible, until the wind blows it into mere flatness. The third is inscription on rocks; it lasts for centuries, but it too is corroded by claws of time. Have this inscribed in your heart - the axiom that "serving others is meritorious, that harming others or remaining unaffected and idle while others suffer, is sin."

The grace of God cannot be won through the gymnastics of reason, the contortions of Yoga or denials of asceticism. Love alone can win it, Love that needs no requital, Love that knows no bargaining, Love that is paid gladly as tribute to all living, Love that is unwavering. Love alone can overcome obstacles, however many and mighty. There is no strength more effective than Purity, no Bliss more satisfying than Love, no joy more restoring than Bhakti, no triumph more praiseworthy than surrender.

You must yourself reason out and discover what exactly will expand your heart and what will breed disquiet, then hold fast to the former and give up the latter. What is the cause of all the troubles and discontent to which many are subjected nowadays? It is the improper use they make of the senses.

In addition to physical Thapas (penance), one has to engage in Vocal Thapas too. Avoid talking too much; desist from statements; do not take delight in backbiting and in scandal mongering; never speak harshly; speak softly and sweetly; speak with the memory of Madhava ever in the background of the mind.

The mind should be free from anxiety and worry, hate and fear, greed and pride. It should be saturated with love for all beings. It has to dwell in God. It has to be restrained from pursuing objective pleasures. No lower thought should be allowed to creep in; all thought must be directed towards proper Thapas (penance) of the mind or manas.

In a hill station you wear a coat, a shirt, and a banyan (under vest). The coat is the tamo guna; the shirt is the rajo guna, and the banyan is the sattwa guna. If you want to see your chest (heart), you have to remove all of them. You cannot recognize your own Self while wearing a coat, shirt and banyan. Likewise, the three gunas must be transcended.

Sathsang is a very important requisite for moral and spiritual advancement. If you keep on in Sathsang continuously your hearts will maintain purity. But, if you resort to it occasionally, then like the less used utensil in the house, your hearts will get tarnished. You must take all the trouble and have all the patience needed to seek Sathsang and remain therein.

As trees do not eat their own fruit, rivers do not drink their own water, cows do not drink their own milk, the body has not been given to man to enjoy pleasures for himself. Every man should recognize the fact that God has given the body to help others.

There is no happiness which is greater than santhosha (contentment). Man develops many comforts for the pleasure of the human body and thinks that this is happiness. You cannot find happiness without Peace. If there is no santhosha, there cannot be Peace.

A mud pot is nothing but mud. Vessels made of gold would be gold and nothing else. A wooden pot is made only of wood, nothing else. Everyone has emerged from God, therefore all are Gods.

Peace and joy can be secured only by realizing that they are ones own nature.

There is nothing bad in the creation of God. Change your attitude and you will see good in everything. Even when you find yourself in troubles say to yourself, "This is good for me." Treat praise and blame with equanimity.

Ego is like an inflated football. When one is inflated with the air of ego, both the good and bad qualities kick the body. The moment ego is gone, the kicking stops and one attends to one's legitimate duties with the feeling that one is only an instrument of the divine.

It is true that many have love for God. But they do not live up to the dictates of the Divine. Those who follow the Divine injunctions in a formal manner, do not act with love for God. It is



only when there is a union of love and obedience to God's dictates that one can attain peace of mind.

Prayer has to be united with practice. You should not pray for one thing and practice another. Such prayer is only a means of deception. The words you utter, the deeds you do, the prayers you make must be directed along the same path.

When you have done your best and that is found not enough, then call on ME. I am ever ready to reinforce your efforts with My Grace.

Selflessness, humility, simplicity and unostentatiousness are qualities that underlie the human personality. Along with academic excellence, a student should cultivate good qualities. Education enables you to score marks, but you also need elevation of your personality. Such noble qualities contribute to elevation. Education and elevation combine to develop the human personality.

The sun's image can be seen in an ocean, a river, a lake, a pond or a well. Everywhere the sun appears to be shining. Are there so many different suns? No! The objects reflecting the image of the sun are varied and different from one another. Likewise, names and forms may be different, but in all beings, the same God, without being divided, shines as the indweller. Thus, although bodies may appear with different names and forms, the Divine in them is one.

Where there is attachment, there is hatred, which is a reflection of fear. Fear is born out of attachment, the fear of losing what one has. Attachment and fear breed hatred. These three vices lead man to stray from the virtues of earnestness and faith (Shraddha and Vishvaasa). Hence, attachment, hatred and fear have to be brought under control.

The heart is the film and the mind, the lens. Turn the lens towards the world, the worldly picture will fall on the heart; turn it towards God, and it will transmit the picture of the Divine.

Surrender implies that the 'individual will' should become one with the 'Divine Will's. Obey the Divine Command implicitly without questioning. That is the sign of true devotion. Whatever God does is for your good.

You consider this habitation of yours as "your" body. No, it is the temple of God! God resides therein. Keep it clean, fresh and fragrant through developing compassion and love. Use the temple of God only for holy thoughts, words and deeds.

What is spirituality? It is the resolute pursuit of cosmic consciousness. It aims at enabling man to manifest, in all its fullness, the Divine Cosmic Consciousness (Chaitanya) that is present within and outside him. It means getting rid of the animal nature in man. It means breaking down the barriers between God and Nature and establishing their essential oneness.

If you wish to enjoy enduring happiness, you have to fill your mind with pure thoughts and develop fine feelings in your heart. Through good thoughts and good kindly actions, the heart gets pure and holy.

Come out of the well of ego and swim in the ocean of Universal Spirit or Paramatma of which you are a part. Force your mind or persuade it gently and caressingly to breathe the pure and more vital atmosphere of the eternal. Remember God and His Glory, every second, every breath when you repeat one of His names.

We need not do penance nor study the scriptures. What is it that we must do in order to cross the ocean of life, attain Divinity, and find fulfillment in life? We must serve our fellow man with a loving heart. Service in itself is not anything great. We must serve and work with a loving heart. Every small action we may be involved in should be full of Love.

Love must be manifested as service or seva. Seva must take the form of food for the hungry, solace for the forlorn, consolation of the sick and the suffering. Develop compassion. Live in Love. Be Good, Do Good, and See Good. This is the way to God.

If you have no patience, your anger is fruitless. Such anger is even harmful to you. That your anger, which arises from a lack of patience, helps your unhappiness to grow. The ability to control this kind of anger will come only when you can develop equanimity of mind.

If the mind is properly understood and disciplined and is applied to get rid of wicked qualities based on selfishness, it will lead to a purposeful and fruitful life. It is basically due to selfish thoughts that one fails to achieve the goal of human life.

The foolish man who relies only on his mind will degrade himself by becoming worse than a brute. While the wise person who follows the guidance of his power of discrimination (intellect) will become the master of his destiny.

A cleansed heart is the most appropriate altar. In that fragrant bower the Lord will establish Himself. At that instant another incident too will happen: the group of six vices that had infested the place will quit without so much as a farewell. When these vices quit, the wicked retinue of evil tendencies and vulgar attitudes, which thrive on them, will also break camp and disappear, without even leaving their addresses! Then man will shine in his pristine splendour of truth and love, and finally succeed in merging with the Supreme.

There is nothing good or bad in creation. But, as long as body consciousness exists, one has to experience both. For one who lacks intelligence and wisdom, detachment becomes a burden. For one who lacks knowledge, the body becomes a burden. For one who lacks love, the mind becomes a burden.

Man must control his senses to the extent possible. Otherwise, he will suffer grief. Man must not commit the blunder of resigning everything to his fate. With enquiries and determination, one can achieve anything.

Each person is the master of his or her mind. He alone is a true person who understands this reality - that the microcosm is in the macrocosm and the macrocosm is in the microcosm.

When man realises his true form, he is liberated. When man destroys all the desires in him, he is liberated - Moha Kshaya (destruction of desires) is Moksha or liberation.

Just as one blows off the ash to see the latent fire, one must blow away the ashes of bad qualities on the self with the air of Naamasmarana. Just as one removes the moss on the water with the hands to reveal crystal clear water, man must remove the moss of sensual pleasures with the hands of good-acts. Naamasmarana is the best way prescribed for the Kali age to attain liberation.

Darshan (Sight of the Lord), Sparshan (touching the feet) and Sambhasan (talking with the Lord): Darshan gives you liberation from all sins; Sparshan frees you from the effects of all your actions and Sambhasan destroys all miseries. Your heart can attain purity through Divine grace.

Sound is everywhere. Good sounds come from namasmarana (remembering God's name), and benefit everyone. During bhajans, when singing, sruti (pitch), tal (rhythm) and tabla all come together in harmony, beneficial sounds result. The sruti box is the mind, the tablas are like the words and the tal may be compared to action. When mind (thoughts), words and actions are all in unison (triputi), We have Bliss.

We must serve our fellow man with a loving heart. Service in itself is not anything great. We must serve and work with a loving heart. Every small action we may be involved in should be full of Love.

God is in you, before you, behind you, beckoning, guiding, guarding, warning, prompting the inner voice and even speaking with you. He is there ready to respond to the call. Only you are not aware of the phenomenon.

Spirituality is not solitude, living alone. Spirituality is having equal-mindedness toward everyone, living with all and helping all (ekatama bhava). Mix in society but single-mindedly attach your mind and heart only to God. Be aware of the unity that all is one, then only can one enter into Divinity. Have relationship with Love and God, and attain oneness. Have the feeling of oneness; do not think that you are different from others.

When you have all powers, but lack divine power, you will not succeed. True power is divine power. When one has good company, his life will be full of devotion.

It is not enough that we keep away from bad company; we should join good company, give up bad qualities and develop good qualities.

People think that the merit is attained by giving things in charity and helping others. But this is not the true meaning. The true meaning of charity or paropakara comes from "para" meaning spirit; "upa" meaning that which is in proximity to God, and "kara" or work. Those deeds that take us near to God are paropakara.

We can be successful leaders only if we are disciplined followers, who do not issue commands to others but rather set an example of service in our actions.

Detachment is not running away to the forest. It is sacrificing negative feelings, desires and delusions.

To live with the awareness that God exists in every one is true sadhana and devotion. Everyone is God; respect everyone and give them joy and bliss. That is real life, true devotion and true sadhana.

The best way to God is to love all and serve all. Not worldly, material love, but divine love, which is changeless and eternal. Love arises from the mind. Worldly love collapses, perishes and exhausts itself, whereas Divine love is changeless, limitless, and constantly renews itself. God is always with you, in you and around you so you don't need to search for him.

Where there is attachment, there is hatred, which is a reflection of fear. Fear is born out of attachment, the fear of losing what one has. Attachment and fear breed hatred. These three vices lead man to stray from the virtues of earnestness and faith (Shraddha and Vishvaasa). Hence, attachment, hatred and fear have to be brought under control.

Education should lead one to humility, which in turn equips him with all the eligibility. Eligibility provides him with necessary material wealth, which enables him to do some charitable deeds. Charity makes him happy both in this world and the higher one after this.

If you wish to lead a sacred life and have sacred experiences, you must engage yourself in sacred actions. The good and evil in the world can be changed only by the change in men's actions. Transformation of society must start with transformation of individuals.

## **27. Guru Gobind Singh Ji's Humble Prayer**

This is Guru Gobind Singh Ji's shabad from the Sri Sarbloh Granth, so beautiful and humble:

ਮਲਾਰ ॥

ਭੂਲ ਛਮੇ ਸ੍ਰੀ ਨਾਥ ਰਮਾਪਤਿ, ਹੇ ਕਰੁਨਾ ਨਿਧ ਦਾਸ ਤੁਹਾਰੇ ॥

Oh Master of Maya, Ramapat, the Treasure of Mercy,  
please forgive the mistakes of this servant of yours.

ਅਵਗੁਨ ਕੋਟਿ ਭਰੇ ਅਪਰਾਧਿ ਅਵੱਗਯਾ ਦੇਖ ਨ ਨੈਕ ਬਿਚਾਰੇ ॥

I am filled with tens of millions of bad qualities and sin,  
I have no honour and I do not know the slightest bit about sins  
[how to discriminate between virtue and sin].

ਜੇ ਹਮ ਪੂਤ ਕੁਪੂਤ ਸਭੀ ਬਿਧਿ ਅਵਗੁਨ ਚੂਕ ਨ ਦਾਸ ਚਿਤਾਰੇ ॥

I am a bad son of yours in every way,  
but please do not think about my bad qualities and mistakes.

ਬਾਹ ਗਰੇ ਕੀ ਲਾਜ ਕਰੇ ਮੁਝ ਹੇ ਭਗਵੰਤ ਦਯਾ ਕਰ ਤਾਰਹੁ ॥੨੨੬॥੮੫੬॥੧੬੧੦॥

Oh Bhagvant, grab my arm and protect my honour,  
be compassionate towards me and carry me across  
[the dreadful ocean that is the world].

ਮਲਾਰ ॥

ਜਾਨਹੁ ਜਾਨ ਸੁਜਾਨ ਸਭੀ ਬਿਧਿ ਅਰਦਾਸ ਇਹੈ ਭਵ ਤਾਪ ਨਿਵਾਰਹੁ ॥

Oh all knowing Lord, this is my prayer,  
please eradicate my disease of fear.

ਜਨਮ ਮਰਨ ਦੇਊ ਤ੍ਰਾਸ ਬਡੇ ਜਮਫੰਧ ਕਟੇ ਭਵ ਪਾਰ ਉਤਾਰਹੁ ॥

The anxiety of both life and death are huge,  
cut away the noose of Death  
and take me across  
[the dreadful ocean that is the world].

ਹੈ ਮਤਿ ਮੰਦ ਅਨਾਥ ਹੇ ਨਾਥ ਦਰਿਦ੍ਰ ਹਰੇ ਮੁਹਿ ਲੇਹੁ ਉਬਾਰਹੁ ॥

My thinking is low and dirty, I am but an orphan,  
Oh my Master ! Destroy my disease and save me !

ਦਾਸ ਗੁਬਿੰਦ ਬਿਜਯ ਸਤਿਗੁਰੁ ਕੀ ਬਾਹ ਦੇ ਬਾਹ ਦੇ ਮੁਹਿ ਨਿਸਤਾਰਹੁ ॥੨੨੭॥੮੫੭॥੧੬੧੧॥

Says servant [Guru] Gobind [Singh], victory belongs to Satiguru ,  
give me your arm, give me your arm and grant me salvation !

ਮਲਾਰ ॥

ਜੇ ਉਪਮਾ ਸ੍ਰੀ ਨਾਥ ਕੀ ਗਾਇ ਹੈ ਤੇ ਭਵ ਫਾਸਿ ਨ ਫੇਰ ਪਰੇਗੇ ॥

Whoever sings the praises of the Lord of Maya,  
will never be trapped in the noose (of death).

ਆਰਿਤ ਜੱਗ ਕਰੇ ਹਰਿ ਹੇਤੁ ਰਚੈ ਸ੍ਰੀ ਨਾਥ ਨਿਸ਼ੈ ਕੈ ਤਰੇਗੇ ॥

Those who worship the Lord with love  
and recite His name with complete faith,  
they shall merge with the Lord Master.

ਪੂਜਬੇ ਜੋਗ ਨ ਐਰ ਹੈ ਦੂਸਰ, ਏਕ ਗੁਪਾਲ ਗੁਪਾਲ ਕਰੇਗੇ ॥

(Those that realize that) only The Lord is worthy of worship,  
and those that recite the One (advait) Gopal  
(the one who takes care of the world).

ਲੋਕ ਸੁਖੀ ਪਰਲੋਕ ਖਲਾਸ ਅਕਾਲ ਅਕਾਲ ਅਕਾਲ ਕਰੇਗੇ ॥ ੨੨੮॥੮੫੮॥੧੬੯੨॥

Those who recite, Akaal ! Akaal ! Akaal ! (The Timeless Lord),  
in this world will experience happiness  
and in the next will be liberated.

Page: 176 Chapter 2, Vol. I, Sarbloh Granth

<http://sikh-reality.blogspot.com/2010/05/akal-akal-akal-sri-sarbloh-granth.html>

## 28. The Steps To God Realization

IK OANKAAR SATNAAM GUR PARSAD ॥

SGGS 81

The entire journey of spirituality is under God's will. Only the ones destined by God are going to be able to do it (all of us must pray to God. He listens to your truthful prayers and destines them). The process starts with getting the Gurbarsadi Naam (initiation) from a Sant Satguru ( a Saint who is authorized by the God to initiate people on the path of Truth). After that your entire life is spent living a life of truth. It is described as follows, in an extremely abbreviated form:

- **Complete Surrender to the Sant Satguru:** You cannot pay the price of **Gurbarsadi Naam** even if you sacrifice million lives over the Sant Satguru. Your attainment in spirituality depends on how much you surrender to Sant Satguru. You must believe that your body, mind and wealth and everything about you belong to Sant Satguru. So, you must surrender your wisdom, take Sant Satguru's divine wisdom, and, live life acting on it.
- **Sant Satguru and God are the same:** Sant Satguru and God are the same infinite soul except Satguru has a body and God does not. All prayers to God go through your Sant Satguru. So all prayers must include Sant Satguru and God. Without Sant Satguru you have no communication with God.
- **Meditating on Naam:** It is through meditation that you realize your level of purity and get divine guidance. Also, the nectar you get during meditation washes away the impurities. Other than meditation, remember God all the time and express your gratitude for the blessings you got from him.
- **Living under God's will:** You must realize that all happenings are taking place due to God's will. You are required to take them without judgment and you must not attach any emotions to them. There is absolutely nothing that you have control over. So, it is of no use to worry about what is going to happen.
- **All the creation is God himself:** You must realize that all the living or non-living forms in all the universes are God's creation. He as a Creator, is part and parcel of all his creation.

- **Winning over five vices:** Every second of your life you watch your conduct and refrain from Lust, Anger, Greed, Emotional Attachments and Ego. Also, you must stay away from jealousy, judging others, slandering or praising others and duality.
- **Living a life free of desires:** Desires detach you from God. You take whatever comes to you naturally, under God's will and desire nothing.
- **Confession and Forgiveness of Sins:** Until you become God like, you are not going to be perfect. That means you are going to do some sins (deviations from Truth) inadvertently. In your mind, confess the sins that you are aware of and the ones you are not aware of, and, ask God for forgiveness. Do this several times a day.
- **Control over speech:** Avoid trifling conversations. Say that you must and say that is nothing but the Truth.
- **Sacrificing over Truth:** You must stand for Truth and if needed be prepared to sacrifice whatever it takes to defend the Truth. If needed you want to minimize the company of people who are not truthful.
- **Being a humble Servant:** You must live for others. You serve God by serving his creation. That means love for everybody indiscriminately and helping the needy while staying humble.
- **Belief and Commitment:** Always be 100 percent committed to the spirituality and have unshakable belief in God and Sant Satguru.
- **Attribute all spiritual attainment to Sant Satguru and God**



This article has been written with the divine knowledge and blessings of the Sant Satguru. The author, though striving, does not make any claims to have mastered this wonderful set of divine rules of spirituality.

A Humble Servant.

## **29. Daswand - Giving a Tenth**

### **THE WAY TO GIVE CHARITY**

This article is being written with the blessings of Dhan Dhan Parbrahm Parmeshar and Sant Satguru Baba Ji. The objective is to understand “Charity” through the teachings of Sri Guru Granth Sahib (from here onwards: SGGS) and Gurbani of Sri Guru Gobind Singh Ji. The Sikh Guru’s accepted Daswandh ( a tenth of the income) from their Sikhs. Similar practices have been adopted by Satguru’s of other religions. However, with the general deterioration of Spiritual Standards, charity has also suffered a blow in the last three centuries in the Sikhism. The following subject matter is aimed at helping straighten this.

### **Is there a need for Charity?**

Any one on the spiritual path is required to give to charity. How much? Whatever is deemed appropriate by the Guru as bare minimum. Of course, you can exceed the bare minimum. Give with your heart, and get out of the accounting game. Sometimes give everything to God and don’t think twice about HOW MUCH. That is the only way to release the grip that GREED has around your heart.

The very act of giving is a characteristic of God. By giving, we become unattached (Nirlep) from Maya (Money and everything you can see). We start inculcating in ourselves the Godly habit of giving and serving others (Daan and Parupkaar). We offer to God a part of what he gave us. Infact , God made the Creation and GAVE IT ALL AWAY TO US. And what God wants us to

do is for us TO GIVE EVERYTHING AWAY TOO. Guru Amar Das Ji writes “Body Mind and Wealth : sacrifice it all to Guru-God, obey the HUKAM and realise Him.” But its difficult for anyone to GIVE EVERYTHING, so at least start by giving something and Guru will help you to become totally free.

Now whatever goes around eventually comes around. Here are some quotes from SGGS:

**One who calls himself a guru or a spiritual teacher, while he goes around begging  
- don't ever touch his feet.**

**One who works for what he eats, and gives some of what he has  
- O Nanak, he knows the Path. ||1||**

God's home or path to God's home can be recognized by the people who earn through hardwork & honestly and then give some as charity. So, any serious spirituality seeker has to do it. Also:

**The thief robs a house, and offers the stolen goods to his ancestors.  
In the world hereafter, this is recognized, and his ancestors are considered thieves as well.  
The hands of the go-between are cut off; this is the Lord's justice.  
O Nanak, in the world hereafter, that alone is received,  
which one gives to the needy from his own earnings and labor. ||1||**

SGGS 472

After this life, if you are not freed from the cycle of Birth & Death, you will receive whatever you donated in your current life.

Some people get frustrated with the events of their life, Guru Nanak clarifies again:

**Dadda: Do not blame anyone else; blame instead your own actions.  
Whatever I did, for that I have suffered; I do not blame anyone else. ||21||**

So, we should quit complaining to God by accepting our current situation as being the result of what we sowed in the past. Now we should forget the past and start sowing good seeds for the future.

## **The ideal way to give Charity**

Sri Guru Gobind Singh Sahib has described it beautifully in Gyan Prabodh Patshahi:10, verse 645. Where he says that service and charity (Seva & Daan) is proper only when done to Pragtyo Jyot Khalsa (any one who has had victory over his mind & Maya by winning over Punj Doots, is jyoti jyot samaya in Parbrahm, is above & beyond the Dharamraaj and has puran Parkash and Anmolak Gurparsadi Naam Rattan-Satnaam in his hirda.). Guru Gobind Singh Ji says he does not like to do Daan & Seva to anyone who is not True Khalsa. Whatever you give to Khalsa then multiplies and comes around back to you. Any other giving or service is tasteless. So much so, he says his body, his mind and all the property in his house actually belongs to Khalsa.

Now, Pragtyo Jyot only can be a Satguru that you follow as your spiritual guide. He is the Khalsa, you should be doing Seva & Daan to. Leave aside one tenth of the income, SGGS says you should surrender your mind, body and wealth to your Satguru. That is the only way you can truly sever your bonds of Maya & Sansaar. Without being Nirlep from Maya & Sansar you won't be able to blend into Parbrahm. Here are some quotes that clarify these thoughts further:

I dedicate my body, mind, wealth and all to Him. I totally sacrifice my soul to Him.  
(SGGS 47)

I offer my body, mind and wealth to anyone who can unite me with God.  
(SGGS 256)

They alone are accepted and approved, who dedicate their souls, bodies and wealth.

SGGS 399

I dedicate my mind, soul and wealth to them; bowing low, I fall at their feet.

SGGS 587

My body belongs to the Saints, my wealth belongs to the Saints, and my mind belongs to the Saints.

SGGS 610

Body, mind, wealth and everything, I surrender to my Lord.

SGGS 804

Surrender body, mind, wealth, and everything to the Guru;  
obey the Order of His Will, and you will find Him.

SGGS 918

They place mind, body and wealth in offering before the Guru,  
and sell their heads to Him.

SGGS 1413

### **Is Charity without worship ok?**

Some people are heard saying that good deeds and Charity are good enough and they seem to lessen the importance of worship (Bhagti). These people are mistaken. Just by doing good deeds (Pun karams) and charity (Daan) will not get them salvation. Gurbaani says in SGGS:

Bed Pukare, Pun Paap Swarag Narak Kaa Bio (SGGS)

i.e. with Pun and Paap karams you are sowing seeds of Swarag and Narak respectively.

Punn daan anek nahaavan kyon antar mal Dhovai.

i.e. with good deeds, charity and ishnaan of shrines no one can get rid of the filth of mind (Maya & Doots)

Tirath barat ar daan kar man mai Dhareh gumaan.

Naanak nihfal jaat tih, jyon kunchar isnaan. ||46||

(SGGS: L18, P1428)

also, the one whose ego escalates after visiting shrines, making charity is wasting the effort just like an elephant ,who, after bathing sprays dirt on his back using his trunk(i.e. he bathed to cleanse but got a fresh layer of dirt again, so all effort to no avail)

Punn daan jap tap jete sabh oopar Naam (SGGS: L2, P401)

i.e. meditating on God's true name (Satnaam, meaning Truth) is above all the charities, Japs (reciting with tongue), taps (meditation, on something short of Gurbarsadi Naam)

**In conclusion:** Charity is a must for spiritual progress. However, just charity by itself is not sufficient to bust the cycle of birth & death and to achieve oneness with the Almighty. Also, charity needs to be done with complete surrender. Without complete surrender the charity is "Kunchar Ishnaan" – eye wash. The charity should be given to a Pragtyo Jyot Khalsa as encouraged by Sri Guru Gobind Singh Ji. Charity to Preachers, Shrines managed by committees or preachers who are not Pragtyo Jyot Brahmgyanis is wasteful.

The author does not imply any capability of his own, is far from the true destination, but striving with the blessings of Parbrahm & Satguru.

Kookar Ram Kau (God's Dog),

## Daswand – Part 2

*A fine explanation ‘offerings to the Guru or Sant-Satguru’ is given in the write-up above. This article is a follow-up to clarify few misconceptions commonly noticed amongst people.*

The ritual of offering ‘Daswandh’ has been there since the times of the Gurus. The sikhs were advised to bring their daswandh –10% of their income to the Guru. The masands were nominated by the Guru to collect the daswandh from sikhs. It used to be in many forms. During war times or such preparations, Gurus would ask sikhs to bring their daswandh in the form of weapons, or horses. Do you think Gurus really needed this for their protection or enjoyment or did they desire for any wealth? No. Why would they indulge in something of a no value if they already are absorbed in the Lord? The saints are custodians of the most precious of all - ‘Naam’, and the maya is at their disposal all the time. Yet they choose not to get into maya, and it still serves them. The Daswandh is a process the Guru utilizes to liberate the devotees from the terrible bounds of materialism or maya. Why is it so important to get away from the affects of Maya? SGGS quotes –

”maa-i-aa mohi visaari-aa jagat pitaa partipaal”. (page 30, Guru Amar Daas)

In attachment to Maya, they have forgotten the Father, the Cherisher of the World.

”tarisnaa maa-i-aa mohnee sut banDhap ghar naar”. (page 61, Guru Nanak Dev)

The enticing desire for Maya leads people to become emotionally attached to their children, relatives, households and spouses.

”gurh mithaa maa-i-aa pasri-aa manmukh lag maakhee pachai pachaa-ay”. (page 41, Guru Ram Daas) Maya spreads out like sweet molasses; the self-willed manmukh is stuck like a fly, rotting away.

So, it becomes extremely important to get away from the effect of Maya. This is something extremely difficult to do on own. It cannot happen without the blessings of the Almighty. Guru being the Lord's messenger liberates common beings from Maya (materials) in masses.

"maa-i-aa moh chukaa-i-aa gurmatee sahj subhaa-ay". (page 19, Guru Amar Daas)

Emotional attachment to Maya is shed with intuitive ease, through the Guru's Teachings.

"bin saaDhoo sangat rati-aa maa-i-aa moh sabh chhaar". (page 52, Guru Arjun Dev) Without being attuned to the Company of the Saints, all attachment to Maya is just dust.

The daswandh in fact goes to the Lord if it is presented to a Puran Guru (True Master). Dasam Pita clarified it very nicely. Bhai Nand Lal ji Goya (the most respected and the prime poet in tenth Guru's darbar) sheds a great deal of wisdom on the state of a brahmgyani –

The saints appear to be materialistic, but in reality, they are aloof of the worldly attachments. They are with the Lord for each and every moment. A common person views them as very involved in the family (sons-daughters), but in fact their true relationship is with the Almighty Himself. They appear to be busy in accumulating the wealth (gold-silver), but truly they are intensely absorbed with the Creator of water-earth-wealth.

Page 313, Amrit Kirtan Pothi (Bhai Nana Lal Ji - in Persian)

The Lord is the giver to all. If He chooses to, can take away everything from an egoist in less than a fraction of second. SGGS ji quotes –

"ayk bhee na day-ay das bhee hir lay-ay. ta-o moorhaa kaho kahaa karay-I".

page 268, Guru Arjun Dev

But what if that one thing were not given, and the ten were taken away? Then, what could the fool say or do?

"jo dayvai tisai na jaanai moorhaa ditay no laptaa-ay".

The fool does not know the One who gives; instead, he clings to the gift.

page 76, Guru Ram Daas

So offering our Daswandh is a divine way of liberating ourselves from the effects of Maya. And doing this alone without remembering the Lord is also wasteful. One has to surrender oneself completely – Tan (body), Man (mind) and Dhan (wealth) per SGGS ji:

”man tan Dhan gur paraan aDhaaree”.

I offer my mind, body and wealth to the Guru, the Support of the breath of life.

page 193, Guru Arjun Dev

The Gurus or Saints do not need maya and they never desire for it. They do not take away anything from anyone. In fact, the saints truly bless the individuals with the most precious jewel of ‘Naam’.

”santan mo ka-o poonjee sa-upee ta-o utri-aa man kaa Dhokhaa”.

The Saints entrusted to me the capital, and my mind’s delusion was dispelled.

(page 614, Guru Arjun Dev)

”sanchan raam naam Dhan ratnaa man tan bheetar seevan”.

They gather up the priceless wealth of the Lord’s Name,  
and weave it into the fabric of their mind and body.

page 1222, Guru Arjun Dev



The process of offering maya is a divine law and devotees have been doing it all along. If we look at various saints from the recent past like - Baba Nand Singh Ji, Baba Ishar Singh Ji Rare Vaale... They did never care for maya yet the maya was serving them from left and right. SGGS quotes –

”maa-i-aa daasee bhagtaa kee kaar kamaavai”.

Maya is the slave of the Lord`s devotees; it serves them.

page 231, Guru Amar Daas

Obviously, if you turn your back to Maya and follow the Supreme One, it will run after and serve you. On the other hand, if you run after it, it will turn its back on you, and will keep you chasing it forever.

A humble servant of the Lord

### **Daswand – Part 3**

#### **Misconceptions about giving Charity**

First of all Dhan Dhan Parbrahm Parmeshar and Sant Satguru are two separate entities. Dhan Dhan Parbrahm Parmeshar means God or Almighty (there is only one God). Sant Satguru is the Guru padvi e.g. Ten Sikh Gurus, Bhagats like Kabir, Ravidas, Pipa, Sain etc. Sant Sarguru is a living saint, who, after completing his Bhagti is jyoti jyot samaya in God. Sant Satguru (Sat Raamdas) and God are one in Satnaam. SGGS says:

Har Jan Har Antar Nahin Naanak Saachi Maan.

Secondly, anytime a new Brahmgyaani starts spreading the Gurparsaadi Naam (Satnaam: meaning TRUTH), the existing religions which are full of hollow rituals (Pakhands) and impurity (Koor) feel threatened. They respond in retaliation and start calling it a cult. Guru Nanak was treated same way and called several names including kurahya (misleading others and himself on the wrong path):

Koi aakhe bhootna, koi kahe betaalaa, Koi aakhe aadmi, Naanak Bechaaraa

Guru Nanak in SGGS

Now on charity:

Sev kari inhi ki bhavat, aur ki sev suhaat naa ji ko.

Daan dyio inhi ko bhalo, ar aan ko daan naa laagat neeko.

Aage faleh in hi ko diyo, jag meh jas, aur dyio sabh feeko.

Mo greh mein tan te man te , sir lao dhan hai sabhi inhi ko.

(Sri Guru Gobind Singh in Gyan Prabodh Patshahi:10)

i.e. Seva & Daan is proper only when done to Pragtyo Jyot Khalsa (any one who has had victory over his mind & Maya by winning over Punj Doots, is jyoti jyot samaya in Parbrahm, is above & beyond the Dharamraaj and has puran Parkash and Anmolak Gurparsadi Naam Rattan-Satnaam in his hirda.). Guru Gobind Singh Ji says he does not like to do Daan & Seva to anyone who is not True Khalsa. Whatever you

give to Khalsa then multiplies and comes around back to you. Anyother giving or service is tasteless. So much so, he says his body, his mind and all the property in his house actually belongs to Khalsa.

tan man Dhan arpau tisai, parabhoo milaavai moheh.

(SGGS: L18, P256)

tan man Dhan sabh saup gur kau hukam mani-ai pai-ai.

(SGGS: L5, P918)

The meaning of all the above quotes from Gurbani can be summarized as the following:

Surrender completely your body, mind and wealth to your Satguru. Which further means that you should always believe that your body, mind and wealth belongs to God and you attribute no part of that to your intellect or capability. By making a Charity to your Guru, you are only acknowledging to the God that all that you have is given to you by God and that you are returning to God a portion of what you got from him.

Now let us reflect back on the Sikh history:

Sikh Gurus accepted Charity in the form of Daswandh. They had no other means of income. Or did they? If any body knows other means of their income, I would like to know for my knowledge. Because Brahmgyaani has only one occupation i.e. giving Gurparsadi Satnaam according to the supreme will and Hukam of God. And God serves the Brahmgyaani in numerous ways including Daswandh from his disciples.

Lakh Chaurasi Medani Sabh Sev Kranda (SGGS)

So all life forms serve Brahmgyani. Like a serpent covering Guru Nanak's head from sunlight. An elephant when unleashed upon Kabir to kill Kabir, actually started playing with Kabir.

Further more, when paid Fauj of Guru Gobind Singh Ji gave up on him and demanded their salaries right at that moment then from no where appeared Sikhs with mules laden with Gold Muhrs presented as Daswandh to Guru Ji. That money was then given to the Fauj. Open the history books and verify for yourself.

Furthermore, find Guru Gobind Singh's hukamnama's urging the Sikhs to bring Horses and weapons as their Daswandh.

Did Guru Amardaas Ji not institute 22 Manjis and Masands to not only spread Truth but also to collect Daswandh from the Sangat and send it to Guru.

Kirt and Keerti (Income and Daan/Daswandh) is pre-written on your forehead before you are born. Only the few lucky blessed ones play the khed of Guru Chela as in "purbale karam ke ankur" and "Sanjogi Mela".

"Ik Akaalpurakh Te nitt Navin Suhagan"

All the above said rules of charity apply to all blessed beings Brahmgyaanis, Pragtyo Jyot Khalsas of all religions. Brahmgyaanis keep coming to this world from time to time.

Unfortunately, blinded by Hankaar (ego), rigidity (Katarta) and gross ignorance (Maha moorakhta), Sikhs have forgotten all these Sachyaari Karni (noble deeds) of charity. And today's examples Pingalwara etc. have been the initiative of Saints like Bhagat Puran Singh. After the Saints are gone, the mad hankaari dogs have robbed the chest of charity. The charity going to Gurdwaras is managed by preacher class and committees who have lost their souls to Punj Doots and Maya. Guru Granth is merely treated like hindus worshipped Idols. As Kabir Ji says in SGGS:

Bhaat pehat ar laapsi, karkaraa kaasaar,

Bhoganhaare bhogya is moorat ke much chhaar.

i.e. the donation of fine cuisine is eaten by the Brahmin or Pujaari or Nikhalis and the Idol is getting only the ashes. The same is state of Sikhi in India and abroad. Newspapers are full of it.

This is absolute truth. Maya only serves Brahmgyaani and eats others alive from all living beings to Tetee Krore Devtaas.

Maya aisee Naagni, jis bin dantaan jag khaya (SGGS)

This article has been written with the blessings of Dhan Dhan Parbrahm Parmeshar and Sant Satguru, Sat Raamdaas.

A Humble Servant

#### **Daswand – Part 4**

Some people find it difficult to understand the concept of daswand and brahmgianis. They think it must be GREED or another person in the guise of a holy man taking money from the poor and helpless.

Personally i dont believe that and know from my own experience everything written above is true. I also met someone once who was criticising and slandering a Sant , and telling us not to do youth programmes at that Gurdwara. Then I realised that man had given alot of money in that direction, but now obviosuly felt he had been conned - and started thinking it was his money.

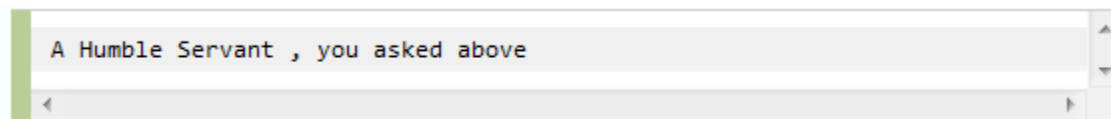
That is the test, firstly it is difficult to give. And secondly once we have given, then the mind gets even more bitter and angry when its starts thinking it was 'MY MONEY". I have failed these tests and my bhagti didnt get anywhere until i fell at AkalPurakhs feet and accepted my mistakes, not the Brahmgianis and apologised for all the negative thought i had towards the brahmgiani in question.

Just ask yourself, "Why do you find it hard to give?" The answer is "because it is difficult to make money and easy to give it away foolishly.". Yes , you are right if you give the money away foolishly, then you are a fool. But if you give it in the name of Guru Nanak Maharaj, and remember it was him who gave it to you in your left hand, and it is now him who takes it from your right hand, then you will be happy. And remember money is not a scarce resource, if you give it in the name of Guru Nanak Maharaj, then also remember "What is there that isn't in the Gurus house?" (Sachay Sahiba Kia nahee ghar teray).

Gods house is full of all kinds of wealth. Your Father Akal Purakh is the richest of the rich, and when you empty your pockets, He will fill them again and again.

The only catch is, DONT THINK IT IS YOUR MONEY. It is not, never was, and never will be.

## Daswand – Part 5



"Sikh Gurus accepted Charity in the form of Daswandh. They had no other means of income. Or did they? If any body knows other means of their income, I would like to know for my knowledge."

I remember reading that Guru Arjun Dev Ji used to run a little shop. And that one of the options he was given before becoming shaheed, was to pay a 2 million rupee fine. To which Guru Sahib humbly said something like "that is not my money to give, that is the sangats money for the benefit of the community."

Also Guru Sahib's teachings were for one to work honestly and to share. Compare that with the Yogis, who used to renounce everything, yet rely upon people to bring them food and offerings. Guru Sahib completely turned around that philosophy by saying to them they should use their hands to earn a living and use that to feed others! Infact Baba Ishar Singh rarawaly used to say "Dont try and be a saint, try and serve the saints." That is what I understand when Guru Nanak Maharaj says "Daasan Daas" I am the servant of Gods Servants.

Also there are stories of the bhagats at work, earning their living by their own hands and sharing with others. For example, Bhagat Kabir ji was weaving, when a poor man came by. Bhagat Kabir Ji gave him a bundle of cotton. Some months later the poor man came back very happy and with money. He said that he had used the cotton to make a net, and with the net he went fishing, he sold the fish and made a profit etc. Bhagat Kabir Ji wasnt too pleased with that, as he was very compassionate to al God's creatures and regretted even indirectly being the cause of

the fishes death. (Radhasoamis use this story to get all their followers to give daswand to where they know it will be used wisely i.e to their organisation only.) I personally don't agree with that if it means you just walk by poor people and the needy because they are not brahmgiains or not of your organisation. There is a saying "Gareeb da moo, guru da golak" meaning the poor one's mouth is the Guru's moneybox. There is also another story of a bhagat (Trilochan Ji?) doing his work in a shop when a seeker on the path came to him. But couldn't believe he was spiritual because he was caught up in worldly work. Bhagat ji told him that the mind was with God, that was what was important.

Even the story of Baba Budha ji the great brahmgiaini, when Mata Ganga ji went for a son's blessing, shows Baba Budhai ji was a farmer. She went to see him in the fields away from the masses of sangat at Amritsar.

Even Guru Nanak Dev ji worked and lived as a family man before he set out on his mission. After which there are lots of stories when Bhai Mardana Ji went to get food and charity from villagers etc And even Guru Tegh Bahadur Ji meditated for 26 years before becoming a missionary Guru - so he didn't do a day job like us.

Baba Nidhan Singh ji had darshan of Guru Gobind Singh ji who gave him hukam to start 24 hr langar at Nanded (leaving place of Guru Gobind Singh Ji). Baba Nidhan Singh asked how can I run it without money. Guru Gobind Singh ji told him not to worry as the pockets full of money were the Gurus, and the hands were the Sants.

Every brahmgiaini has their own hukam, some work as family people, others are out there on a mission.

Maha Moorakh

**Daswand – Part 6**

There is nothing of our own in this birth, not even our ownself. When we are under the influence of Maya, we tend to control things. It does not work and then we complain. Obviously, The Lord is the ultimate controller of everything. This Gurbani quote has a great deal of wisdom (truth).

Meraa Mujh Main Kuch Nahin

Jo Kich hai So Teraa

The Naam amrit gets in you only if you truly act on this. The articles on Charity here clarify where we should be contributing for charity. In any ways, once you do it, forget about it for any rewards. Do not desire for anything in return. He gives in abundance when you do not ask for anything.

As you become Sachiaara, and remember the Lord all the time, the Lord prevails in you. He takes care of all your deeds, and guides you through all the way. He serves His devotees.

"Santan ke karaj aap khloa, har kum kravan ayia ram"

Who was serving Dhanna Bhagat, and his cattles. Who was serving the King on behalf of Bhagat Sain. The Lord Himself. He will do it for all of us, provided we surrender to Him - not only Dhan, also Man and Tan. Giving away through charity or dasvandh is a way of liberating oneself from the severe bonds of Maya. These have to be broken, in order to connect to the maker of all. Gurbani quotes -

"Aap Gavaiyee ta sauh paiyee"

A Humble Servant